



# MEN UNMASKED

## Embracing Life Together

We recognise that, as men, navigating difficult times can be a challenging endeavour, and it's perfectly okay to seek support. Welcome to "Men Unmasked," a fortnightly gathering tailored exclusively for men of all ages who seek a safe and nurturing space to explore and navigate life's journey. Life's journey is like a rollercoaster, filled with moments of joy, triumph, and connection, but also marked by various forms of sadness, anger and confusion.

### Why "Men Unmasked"?

*I established 'Men Unmasked' from a standpoint of my own unmasking. Having the societal mask of 'provider' and 'protector' was hindering the vulnerability I had just below the surface. I was confused and unhappy – like a constant 'tug of war' between what I 'should' be as a man, and what I was feeling as a person. And it came to a breaking point in 2015 – I could no longer effectively function as either. I then slowly started to 'unmask' those beliefs that were no longer beneficial to me. I then embraced the concept of being a man 'unmasked' that meant caring more deeply for me, family, friends, and community. It allowed me to be more expansive and curious to my broader roles with compassion and connection at the forefront.*

### What to Anticipate:

Once a fortnight for 8 sessions, our facilitator, Peter, will host a group of approximately 10 men. The objective is quite straightforward: to provide a safe place where you can be your authentic self for a couple of hours, free from pressure, judgment, advice, or any other external expectations. We will work through topics each fortnight that form the basis of our discussions – to give you a safe, non-judgemental and facilitated space to connect with both yourself and fellow men. There are no prerequisites to talk or do anything other than simply be yourself and share what you feel comfortable with.



### At "Men Unmasked," You Can:

- Create a safe environment for the group and build meaningful connections with like-minded men on similar journey.
- Share your experiences and emotions in a non-judgmental and safely facilitated environment.
- Listen to others' stories and offer support if you choose to do so.
- Explore different aspects and perspectives on the topics raised, such as relationships, masculinity, communication, etc
- Gain insights, coping strategies, and a sense of camaraderie.
- Rediscover the strength that emerges from vulnerability and sharing.

### Join Us for the new group starting January, 2024. Waiting list is now open.

Learning how to be the 'best' man you can be is an inherent part of life, but you don't have to face it on your own. "Men Unmasked" welcomes you to attend as you are, and discover the resilience within you. We believe in the power of brotherhood, and together, we can uncover the strength that resides within vulnerability.

Let's unveil the strength within us, together.

Please reach out to Peter on 0411 512 390 or [peter@petercoyle.co](mailto:peter@petercoyle.co) for a confidential, no obligation discussion on 'Men Unmasked'.