



# ADVANCED MEN'S COURSE<sup>®</sup>

This powerful new course endeavors to answer the question, "What does it take to be successful, satisfied, and a man in today's corporate world?"

Many men who have achieved significantly in their lives still live subject to the emotional turmoil of the next economic downturn or unfavorable critique from the new boss. In spite of stellar results, setbacks disproportionately affect our self-esteem in a negative way. How is it we have defined ourselves, as men, that no amount of success makes us immune to the whims of corporate ups and downs?

The alternative to living as a victim to the circumstances is living life out of a purpose, we, each man, declare. To define ourselves according to what we say is important, now, in our lives. Having a clear sense of purpose and living consistently with it insulates a man from the buffeting of management fads and erratic feedback.

## Course Results:

Men will know how to lead out of purpose rather than circumstances.

Men will learn how the way they were acknowledged as a child may still be haunting them today and what to do about it.

Men will learn how to build a support system appropriate to the environment they live in today.

Men will learn how to keep setbacks in perspective and not overreact.

Men will learn to manage their career in a more satisfying way.

Men will have a deeper understanding about the historical patterns they have in regard to women and how to change them.

Men will learn a process for truly resolving past betrayals to avoid cynicism and avoid diminishing their leadership ability.

The common male trait of suppressing and controlling emotions sabotages men at many levels. They end up clogged with unexpressed emotion. They suppression also prevents them from integrating their successes into their self-esteem — which starts to explain why men take success for granted and take setbacks way too hard. Most men have learned to withdraw and damage our most important relationships when they are upset. Anger turned inward is depression, and depression in adult men looks like cynicism, moodiness, exhaustion, and withdrawal.

## Pre-requisites for this course are:

- **Participation in at least one previous course by Susan Van Vleet Consultants, Inc.**
- **An understanding that your results in the world are directly correlated to your physical health, mental health, and personal development.**
- **A commitment to introspection and self-expression on difficult emotional topics not usually discussed with a group men.**
- **A willingness to do extensive homework prior to the session and to minimize interruptions and "emergencies" from their organization so as not to negatively affect the workshop.**



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