

# ADVANCED MEN'S COURSE®

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



The Advanced Men's Course® has produced powerful results for participants. Though the content is new each year, the purpose remains the same, to offer men a forum to address the most challenging issues facing them today. This course is unusual in that it is designed as an on-going conversation from the first year of its existence. Each year builds off of the previous years. Consequently new attendees start the course one day earlier to "catch up."

## We will continue to develop the foundation issues of the course:

- » Resolving betrayals as a leader
- » Having successful relationships with powerful women
- » Living a responsible life
- » Integrating successes into our self-esteem
- » Completing past traumas
- » Living out of your purpose in life
- » Leading change in the world

## Pre-requisites for this course are:

- » Participation in at least one previous course by Susan Van Vleet Consultants, Inc.
- » Understanding your results are directly correlated to your physical and mental health, and personal development.
- » Commitment to introspection and self-expression on difficult topics not usually discussed with a group men.
- » Willingness to do extensive homework prior to the session.
- » Participants will be expected to minimize interruptions from their organizations in order to avoid affecting the workshop negatively.

The course is taught in a retreat setting. Physical health will be highlighted, as well as an alternative to the "locker room" male relationships in which most of us experience as competitive with little or no support or substance. The approach of this course will require participants to be introspective, analyze their beliefs and definition of work, success and themselves.

The course will be predictably uncomfortable, emotionally upsetting, disorienting but very rewarding. Participants unwilling to experience the above should not attend.