

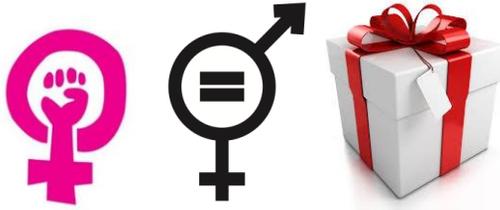
Living a Mans' Life in Todays World



David Mallard
Melbourne Men's Group Inc.



Job Description	Snag, cave man, child-minder, money-maker?
<ul style="list-style-type: none">• Job Title• Summary Description• Tasks and Responsibilities• Minor Functions• Supervisor• Qualifications• Skills Necessary• Experience Desired• Working Hours	<p>We are redefining the modern relationship and while women have acquired more freedom and greater equality, men are struggling to define their new role in the partnership</p>



Men's Socialisation



Typical values of masculinity?

Competent

Successful

Independent

Unemotional

Tough

In Control

Invulnerable

Strong

Self Reliant

Competitive




The Words Boys Hear/Fear

Be a Man !

Harden Up! **Don't be a sissy!**

What are you a girl?

Big boys don't cry

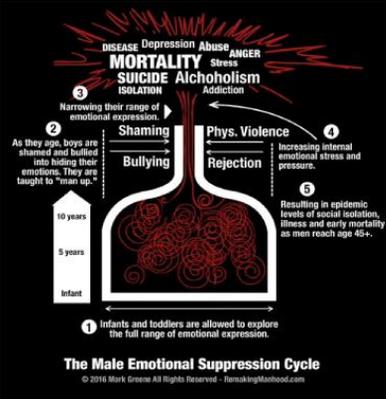


Emotional Suppression

BOY'S CREATIVE EMOTIONAL ENERGY

The Male Emotional Suppression Cycle





The Male Emotional Suppression Cycle

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Solid Foundations?



HARVARD
Department Of Psychiatry

A continuing research study on Men's development commenced in 1938 and asks men about perceived 'happiness' in their lives (including the quality of their marriages, job satisfaction, and social activities) every two years and monitors their physical health every five years.

After 75 years, the study concluded that happiness in life is based primarily on one thing.....



The study highlights that

1. Good relationships keep us healthier and happier
 - Family, friends and community
 - Loneliness kills
2. Quality of relationships matter
3. Good relationships protect our bodies and our brains



Men and Relationships



GriefLine
CENTRE FOR GRIEF AND LOSS

beyondblue
Depression Anxiety

Recently reported:

- 25%** Middle-aged Australian men have nobody outside their immediate family to rely on
- 45%** Are not satisfied with the number of friends and acquaintances they have
- 60%** Don't feel they are part of a community

GriefLine
CENTRE FOR GRIEF AND LOSS

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Depression Anxiety

Recently reported:

One of the groups most at risk is men aged in their 30s and 40s. They are also most likely to let friendships slide as their lives change and they focus on work and family.

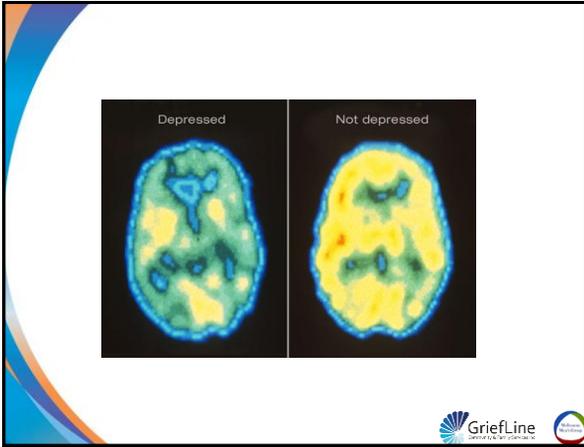


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Divorce rate 43%

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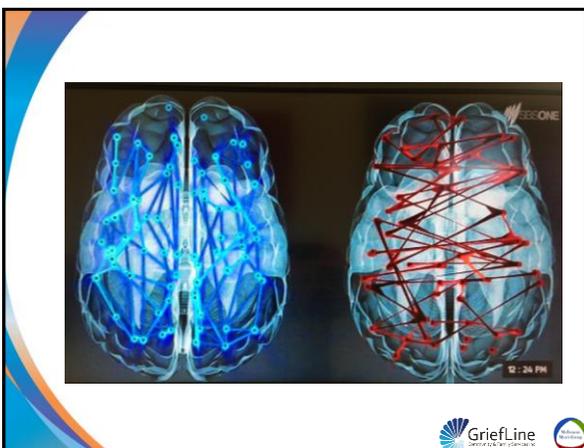


Women had to overcome oppression

Men's difficulties are with:

ISOLATION

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Men and Relationships

- Catching up regularly with friends is one of the best defences against depression, anxiety and suicide.
- Nearly eight Australians die by suicide every day and of those six are men, according to the Australian Bureau of Statistics.

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Six men kill themselves every day in Australia

SAVE THE ~~M~~ WHALES



Photography: Belinda Mason-Lovering



I know nothing -
nothing in the world -
of the hearts of men.
I only know that I am
alone - horribly
alone.

Ford Madox Ford

meatville.com

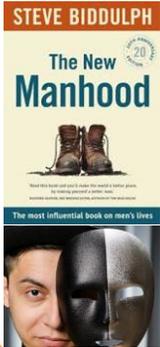


Men often get lost in
their respectable
addiction!

**WORK
WORK
WORK
WORK**



'The problem can be put very simply'



'Most men don't have a life. What we call our life is mostly just a big act, a mask that we clamp onto our face each morning and don't take off until we fall asleep at night. Most men are flat out every day living a lie. We've all grown so used to this, we don't even notice it anymore.'



Our Patron:

Australia's world renowned author, family activist, psychologist and honorary Adjunct Professor at the Cairnmillar Institute, Steve Biddulph AM.



We all feel better when we feel listened to. And we feel even better when we feel understood. In order to be understood, we must be listened to. Often it is more important to us to feel heard than to actually get what we said we wanted. On the other hand, feeling ignored and misunderstood is literally painful whether we are 6 or 66.



By participating in a Men's Group



Developmental Workshop for Accelerated Development Man's Inner Journey



MEN

*we know you are not 'broken'
you may be just looking for new ways
to 'be' in the world*



Man's Inner Journey Workshop

MIJ was best thing I've done for myself... maybe ever! I recommend this to all men.

15 out of 10 – life changing. I am lost for words.

This was the most life changing thing I have ever done for myself, and the people around me – 10/10.

What have people said?

This workshop was the best thing I have ever done for myself, and by extension my family, hands down!!

This weekend was the most powerful thing I have ever done for myself and I am grateful to have had the opportunity to regain my life. Thank you.






The Choice





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