



Have you done a lot of personal growth work and still feel like there is something missing in your life? Do you know what is in your way of getting what you truly want? Are you ready to take your healing and self to the next level?

Then it is time to make  
**H.I.S. Weekend**  
**YOUR Weekend!**



### Contact Us

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### H.I.S. Weekend Mission

We provide safe, powerful, introspective processes of discovery, healing, and empowerment to support participants connect with their authentic selves.

Through group work, reflection, and shared vulnerability, men often discover that they are not alone in what they've been carrying.



This isn't about "fixing" yourself, it's about understanding yourself and giving yourself permission to feel, release, and grow.



The deepest journey is inward.

## Testimonials

This 2 ½ day intense, experiential training for men, is staffed by men & women and will give you the opportunity to discover:

- What being masculine means to you.
- Your inner vulnerability and tenderness.
- Your inner archetypes.
- What messages you received on what it means to be a man.
- What messages you have about women and how that impacts your relationships.
- Your authentic feelings.
- The inner truths you lock inside.
- Who you are behind the armor that protects you.
- Some past wounds and the decisions you made because of them, that are holding you back from living the life you were meant to live.



*The presence of female staff can give the male participants a unique opportunity to work through challenges surrounding females.*

**At its core, HIS Weekend is about healing, connection, and transformation.**



[www.hisweekend.org](http://www.hisweekend.org)

*The H.I.S. weekend was indeed transformational for me. The teachings and processes plus incredible support of women provided safety and permission to go deep from different perspectives. I experienced (and healed) wounds not consciously remembered or touched previously. Thank you H.I.S. leaders and staff (men and women) for my transformational weekend.*  
---Richard S.

*Designed to help round out what "being a man" means to you in today's world. Integrity, responsibility, accountability, emotional fluency, non-blaming assertive communication. Enrich your life experiences.*  
---John C.

*I participated in the prototype for this training and it is truly powerful. I did the deepest work since my NWT. I highly recommend it to any man interested in being a better man.*  
---Steve M.