



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 to the next level?

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



### Contact Us

H.I.S. Weekend  
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### H.I.S. Weekend Mission

An all-gender staff provides powerful, introspective processes of discovery, healing, and empowerment to support participants who identify as men to connect with their authentic selves.

We help men of all ages, unlock their true self and experience positive and healing transformations.



This training is staffed by men and women and will give you the opportunity to discover and heal your inner self!



## Testimonials

This intense experiential training for those who identify as men is staffed by men/women/all genders 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 how 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 of the wounds of your past and the decisions you made from them that hold you back from living the life you were meant to live.



The presence of the female staff gives the male participants the unique opportunity to work through their issues with the support of compassionate women.

## Healing Inner Self!



[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 at the end of May 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.