

FOR MEN ONLY

HOW TO LIVE AND WORK WITH A WOMAN

FOR MEN ONLY is an educational program which teaches men, in ways men learn best, to talk to and listen to the women in their lives more effectively. Participants receive:

1. up to two days of **hands-on training and coaching** in the skills of man-woman communication and conflict resolution.
2. a 21 day program of **follow-up activities** and exercises to deepen the skills learned in the seminar.

Men **benefit** from this program by learning to:

- **become competent in intimate relationships**--listen to, understand and support their partners.
- **resolve conflict**--overcome confusion, eliminate aggression and defensiveness.
- **articulate their own concerns** as well as develop renewed interest in knowing the women in their lives. In the process, men begin to **trust other men** to support and coach them in relationships.

Men are given **specific skills to practice**, such as:

- ▲ how to learn about her thinking and tell her about your own, without becoming defensive or aggressive,
- ▲ how to tell the difference between expectations and commitments and how to deal with each,
- ▲ how to ask for what they want, apologize, acknowledge, make promises and deal with breakdowns in communication.

The **methodology** includes mini-lectures which introduce theory, skills, and diagnostic exercises. Men are then coached as they practice how to talk to women in times of stress and conflict. An **illustrated workbook** accompanies the program and contains the follow-up activities.

The Course methodology applies **theory and practice derived from cognitive science** which includes communication science, the philosophy of language, and artificial intelligence studies -- the most current information on how we listen, speak and remember. Interviews with hundreds of women and men give the program a down to earth practicality. Men and women consistently report these **results** at the end of the first month:

"My partner and I understand our conflicts better and our agreements are more satisfying and last longer."

"I am no longer afraid or anxious about conflict with her. My stress level is way down and I feel a lot better. As a result, we're interested in each other again. Things seem possible now."

"I now know that I can do something about intimate relationships with women. I don't feel helpless and confused. I don't run away or strike back as much as I used to."

"I can tell her more about myself and I can also support other men better as we get ideas from them. We never talked about this stuff before."

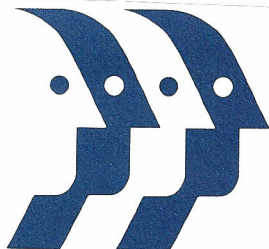
The program **addresses needs** expressed by health care professionals and employers:

"Many men are reluctant to deal with their relationship difficulties openly and rarely engage in traditional programs or seek sources of professional help."

"There is a dearth of educational support services directed explicitly to the needs and outlook of males."

"Conflict from men's personal lives is spilling over into the job."

For Men Only is delivered by an experienced trainer specializing in work with men from an organization whose mission is to bring people and organizations into the future.



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