



Welcome to the ManKind Project Online Open Men's Groups

The purpose of the ManKind Project is to create a safer world by growing “better” men. We do this by training men and supporting them in groups. The MKP USA mission is to create a world where men act on their individual and shared responsibility for the future of humanity by initiating and supporting men on a path of emotional maturity, spiritual awareness and deepening community.

What We Practice and Why

Emotional Authenticity – Because we believe in honesty and wholeness, we practice emotional intelligence and self-awareness.

Personal Responsibility – Because we value integrity and accountability ... we take 100% responsibility for our feelings, and we own the impacts – both positive and negative – both intended and unintended – of our choices and actions.

Leadership Mastery – Because we believe that role models change lives ... we practice highly principled personal, interpersonal, and group leadership.

Empowered Mission – Because we value generosity, service, and connection to spirit ... we explore and live from our deepest purpose.

Supportive Community – Because we care for ourselves and the generations to come ... we create a place for men from all walks of life to learn and teach in a safe, respectful, challenging, and inclusive peer-network.

Our Vision

Our vision is a safe world where all men are brothers, in relationship with one another ... a world where conflicts are resolved peacefully; where torture, genocide, domestic violence, and senseless war are only entries in the history books ...where men are fully accountable and take responsibility for their decisions ...where men stand tall and proud to be men, secure in their role and deeply committed to nurturing one another, their families, their communities, and their planet.

Our Core Values

**Accountability * Authenticity * Compassion * Generosity
Integrity * Intercultural Competency * Leadership * Respect**

Our Intention

This Open Men's Group is facilitated by members of the ManKind Project, or MKP, a 30+ year old international nonprofit education and training organization for men. Neither MKP nor this Open Men's Group are associated with any religious practice or political party. We strive to be inclusive and diverse. Our Group is not here to sell you anything; attendance is free and there are no obligations nor expectations, financial or otherwise, beyond the ground rules we mention at the beginning of our groups. We encourage a donation to support our cause and the infrastructure used for our meetings. Our Group is not a substitute for professional mental health services. If you are in treatment, ask your provider if a peer support group could benefit you. The men of MKP have attended a 48-hour primary training called the New Warrior Training Adventure; there is a cost to attend the NWTA.

The men in this group receive no financial benefit from you being here now, nor if you someday choose to attend the New Warrior Training Adventure. The members of MKP who offer this open men's group do so because we believe in men ... and we care about our families, our communities and our planet. Every man in this group is invited to participate fully. You are invited to challenge yourself. If you are interested in learning more about MKP or the Training after tonight's group ends, you are invited to talk to MKP members.

The Ground Rules

Confidentiality - What I say here is confidential. I will join in a private manner, using headphones/earbuds or in a separate room. Outside this group, I will not share another man's words, actions, or identity. I will only speak of my own experience and personal insights. Confidentiality is intended to create a sense of safety for each man. Confidentiality does not apply in situations of abuse or neglect of children and the elderly and/or threat to harm self or others. If someone's life is in immediate danger, action may be required.

No recording - No one is to record this meeting.

Punctuality - The group will begin on time and end on time. If I arrive late, I may not be allowed into that day's meeting.

Ethical Relationships - This is not a business group. No solicitations. If I need something, I can ask for it before or after the meeting. This is also not a place to push religious beliefs or political agendas.

Non-Violence - Violence can be physical, verbal, emotional, or spiritual. I acknowledge that my words and actions have an impact on those around me. I take responsibility for my words and actions.

No Drugs or Alcohol - I will not attend the group while under the influence of alcohol or recreational drugs. If I break this agreement I will tell the group and accept the choice of the group in handling this to create a safe space for the men present.

Participation - I will speak openly and truthfully in "I" statements (not "you" or "he" statements). Any man may pass at any time. Any man may STOP a process (especially in the service of maintaining safety). I am not here to give advice. If I want advice, I will ask for it specifically. I will ask permission before offering feedback. I am responsible for taking care of myself. If I need something, I will ask for it. If I have questions, I will ask them.

Checking Out - I will check-out before hanging up; I won't "ghost" the group. I understand men may be concerned for my welfare and I will respond if someone reaches out and contacts me.

Who talks when - A facilitator will make it clear whose turn it is to talk. I won't interrupt. When I'm done speaking, I'll say "I'm in."

Online etiquette - I will join via video and keep it on if at all possible. I will join from a private location (no roommates/partners present). I will mute myself when I'm not talking. I will be present and not multi-task.

Acknowledgement & Commitment - I understand that the ManKind Project's Online Men's Group is not a substitute for professional mental health services. I am 18 years of age or older and I identify as a man. I commit to being empathetic, compassionate, respectful, and welcoming to all who attend regardless of their race/ethnicity, ability, socio-economic status, age, religion, or sexual orientation. I understand that I may be removed from the group at any time for being disruptive or not following the ground rules or guidelines.

Questions or concerns? Please contact [Scotty Krabler](#).