



AVP Westchester

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What is it to be a man?



**My
Manly Awareness
Tool Kit**



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Goals of the Manly Awareness Workshop

1. Emotional Maturity

- Become more open to change
- Be able to express my feelings to others in a positive and assertive way
- Become a good listener who can empathize with the feelings of others
- Identify and let go of stereotypes about masculinity
- Manage my anger so it does not hurt myself or others
- Be willing to admit when I am wrong.
- Develop loving and supportive relationships

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