

## THE WORLD OF MEN

As the world grows to 9-10 billion by 2050, and 12-14 billion by 2100, men will need education, training, jobs, families and community life, or they will cause increasing harm in the future – in gangs, organized crime, through unethical behavior in business and government, selling drugs and sex trafficking, as mercenaries, in hijacking, hacking, kidnapping and terrorism. Men need programs for: men's health; leadership training; work and financial development; constructive alternatives for youth instead of gangs; constructive re-entry of formerly incarcerated men into society; communication and relationship skills; and community service and mentoring.



## ATTENTION MEN

~ A Special Program for You ~

### The Problem and the Need

While there are over a dozen major organizations on Long Island to help women, there are none devoted to help men grow to improve their lives with family, friends and co-workers. Many men are having a hard time adjusting to changes around them, at work and in the world. Often seen as overbearing by partners, they end-up in conflict with children, and often go from relationship to relationship without learning how to communicate in a helpful, meaningful way. Many don't go for the help they need, and don't think they need to go to programs to learn, grow and change – the way many women do. They are often in denial about the need for personal development, and are resistant to learning new skills needed to have better relationships.

### The Solution

In this program you will join other men in a discussion of men's issues, wants and needs. Explore who you are, and what holds you back from greater success and better relationships. You will gain communication tips, and the basics of emotional and social skills you need to create the life you want. This program helps men talk and learn the relationship and communication skills they need at home, in the community, and in the workplace.

### Workshop Facilitator

**Sanford Hinden is an author, life coach and program leader. He has worked for over 40 years helping children, youth, parents, families and communities, locally, nationally and globally. He was founder and president of the Long Island Men's Center from 2005-2010.**

## Comments

### Relaxation, Meditation & Wisdom Skills

"I recently had the privilege of attending Sanford Hinden's *"Mindfulness, Meditation & Wisdom In 10"* workshop. Sanford's knowledge covers a broad range of topic areas. His presentations are delivered with great insight, passion, and relaxation techniques that are beneficial both personally, and professionally. I learned a great deal about my inner-self, as well as methods of meditation that will allow me to channel positive energy throughout my everyday life. I strongly encourage anyone to attend his workshops." - **Matthew Harris**

### Communication & Relationship Skills

"Thanks for a wonderful workshop experience. The conversations, the graphics and the handouts all worked to improve my sense of self and others, as we better learn how to communicate with peace and love in our hearts. The model of Parent-Adult-Child process is one I have experience with. Your synopsis was well taken, as is the notion of its importance in developing skill sets for improved personal and interpersonal communication and love." - **Chuck Perretti**

### Librarians' Notes

"I just came in from a meeting and was met by my coworker who told me that our patrons LOVED your program. The feedback we received was great and I want to thank you for offering your programs to libraries. I'd love to welcome you back again in the future for another one of your presentations!" - **Amy Mondello, Program Director, Glen Cove Library**

"It was a pleasure to meet you and greet you in person. Once again, thank you for providing a great program. We all benefited from your knowledge. You managed to hold our interest from beginning to end. The role-playing really added to the experience. Several people in the audience have thanked me for having such a wonderful program. I hope you had fun." - **Edie Kalickstein, Program Director, Long Beach Library**

### A Personal Reference

"Sanford Hinden is one of the most humane, compassionate, loving human beings I have ever met. He speaks and acts from deep wisdom about what people need and what the world needs now. I trust him and have learned immensely from him." - **Ron Gross, Co-chair, Seminar on Innovation, Columbia University**