



So, you're heading into The Man Cave? Some of you are probably feeling excited, others feeling nervous, and many of you won't have any idea what it's all about. The first thing you should know is that you're going to meet the legends who run our programs. Some are actors, some are athletes, and some are musicians and DJs. Some of them love all of those things! But, they all have one thing in common: they've explored the hundreds of ways you can be a man and what's damn hard about it. You'll also get the chance to share your experience as a guy and what it means to you, the good, the bad, the ugly.

WHAT HAPPENS INSIDE THE MAN CAVE?

You'll hear more about the facilitators and who they are, get involved in games, and take part in small and large group discussions. You won't ever be asked to do something you don't want to - we call this 'challenge by choice' and we'll also ask you to speak from your own personal experience - we call this 'I vs You Language.'

WHAT'S A CHECK-IN?

One of the exercises we'll do is a 'check-in, which gives you the chance to talk about how you're going at the moment, without interruption from anyone else. No interruption?! IMPOSSIBLE! Or is it? There's no right or wrong way to do it, but there are some guidelines that your facilitator will outline super clearly for you.



WHAT YOU NEED TO DO BEFORE?

If you're still reading up to this point, you've already done well! The good news is...You don't need to prepare anything for the session!. You won't be forced to do anything, but there will be opportunities to step out of your comfort zone and we will do everything we can to help you feel ready to take the shot and get involved.

Thousands of guys just like you have gone through our program, and here's what they thought:

"The facilitators showed huge respect and always listened to others talk"

"They were all tanks and bloody good blokes"

"The facilitators were relatable and like our own mates"