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## Welcome to Cecil's Monthly Newsletter

Hey Men,

After a year in development, and many challenges, both technical and physical. I'm very proud and pleased to announce that Cecil's Hub ~ Men's Groups Worldwide Directory is almost ready and available.

The Directory will initially cover Australia (already 300 Men's Groups), with some Groups from London, UK, with Canada being added very soon.

### What's Available?

The Directory will allow **Men** to search for their nearest **Men's Group** to their location **FREE** of charge!

It will enable any existing **Men's Groups Worldwide** to register a **FREE** to join and get a 'Basic' listing, they get listed in seconds, this will be give them a low priority '**GoogleMaps @ Pin**' search result, and will be under 1 particular Association.

Currently, there are **9 Associations** that each Men's Group can be listed under, depending on their style of facilitation/origin that they follow.

These include:-

- ***Australian Men's Shed Association***
- ***Common Ground Trained***
- ***Mankind Project (MKP)***
- ***Melbourne Men's Groups***
- ***Men's Team***
- ***Menergy Men's Group Network***
- ***OM:NI (Older Men:New Ideas)***
- ***Individual Group***
- ***MensSpeak Men's Groups (UK)***

## What's Next?

To enable each Men's Group to give help and get more Men involved in their Group, they can invest in one of two yearly Plans (***GOLD, PLATINUM***), this gives them the ability to add extra information to their Men's Group listing.

### ***GOLD***

- ***Searchable Listing***
- ***Top Priority in Search Results***
- ***List in 1 Association***
- ***Link To Your Website/Social Media***
- ***Add Phone Number***
- ***Add Events/Group Meetings***
- ***Add Photos***
- ***Add Audio Files***
- ***Receive Reviews***
- ***Add Reviews***

This yearly price of each plan depends on the number of Men's Groups that they wish to register. The more groups that are part of the Association, the more cost effective the plan becomes.

***Prices start from \$30.00 per Group, Per Year.***

### ***PLATINUM***

This upgraded Plan will give each Men's Group all of the features in the '***GOLD***' Plan, plus these extra features.

- ***Add Classifieds (Sell items)***
- ***Add Jobs***
- ***Add Articles***
- ***Add Property***
- ***Add Products***
- ***Add Blog***

***Prices start from \$55.00 per Group, Per Year.***

This yearly price of each plan also depends on the number of Men's Groups that they wish to register. The more groups that are part of the Association, the more cost effective the plan becomes.

Visit the [website](#) to gain more information.

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What's happening in Men's Work in our Communities in March?

## Community FORUM – Rebirth



**When:** March 5, 2019 @ 6:30 pm – 10:00 pm

**Where:** Second Story Studios, 222 Johnston St, Collingwood VIC 3066

**Cost:** Free - \$22

**Contact:** [Gero and Stacia](#)

***Community FORUM*** is a monthly space to connect and explore the possibilities of

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what it means to be human; alone and together.

Through the inspiration of community members and with support from The Art of Relating and Second Story Studios, Community Forum continues as monthly social events where humans can gather, be present, speak, express freely and be heard.

Each month (on the first Tuesday) we will begin with 20-30mins of interactive stimulus as a catalyst for the Forum (more information on the ZEGG Forum process in details below).

The stimulus may be a panel Q&A, video clip, poetry, presentation etc. along with the discussion.

- 6:30pm – 1st Arrival \*, grab a cuppa, chat, connect
- 6:50pm – Stimulus
- 7:20pm – Break & 2nd Arrival \*
- 7:30pm – Forum (including 10min break)
- 9:30pm – Harvest & monthly intention
- 10pm – Close

\* There will be two arrival times. 1st between 6:30 & 6:50 pm when doors will close for the Stimulus 2nd at the break between 7:20 & 7:30 pm when doors will be locked for the evening.

[READ MORE ...](#)

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## **Men of Majesty Course**



MAX IMANA PRESENTS

# Men of Majesty

Vitality Embodiment and Energetic Mastery Initiation

3 Month Course - Fortnightly 4 Hour Seminars

The Fairfield Boathouse

Starting 23rd Jan at 6:30pm



3 Month Course, Fortnightly 4 hour sessions. (Already Started)

Please [contact](#) Max for information on future courses?

[Email](#)

[Website](#)

**When:** March 6, 2019 @ 6:30 pm – 10:30 pm

**Where:** Fairfield Park Boathouse, Fairfield Park Dr, Fairfield VIC 3078

**Contact:** Max Imana 0413 658997

*Dear brothers,*

*I have designed this amazing transformative course for you to bring out more of the awesomeness I can see in everyman but perhaps like I did most of my life, you find it hard to bring it out into the world.*

*The side of you that is majestic; a balanced, self-assured, centred, grounded and calm man.*

*With a big open heart!*

*I invite you to start the New Year on a trajectory of cultivating a deep level of self-awareness and inner peace.*

*Share this with a man you love dearly!*

*One Love*

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## **The Razor's Edge Masterclass ~ Advanced Money Mindset**



**Course already started, call/Contact for the new intake**

**Phone:** 0481-856-888

**Email:** [Michael@MichaelLauriacoaching.com](mailto:Michael@MichaelLauriacoaching.com)

**Where:** Weekly Zoom Meeting - Online

**Cost:** \$197-\$297

**Contact:** Michael Lauria above

- Do you feel like you're treading water in life, most of the time?
- Do you look at your life and say... there must be more?
- Do you wish you had more money, a better career, a healthier relationship and to be able to provide for your family at a higher level?

Are you ready and committed to creating something different in your life than what you currently have and becoming the Man you always envisioned you would be?

### **ABOUT THE RAZOR'S EDGE**

The Razor's Edge is a powerful program, and is the first step in your lifelong journey towards an increased level of Self Awareness which will ultimately result in:

- *Job promotions and career progression*
- *Business growth*
- *Improved relationships*
- *Increasing your wealth*

- *Outstanding results in the workplace*
- *A deeper sense of self-worth*
- *Overcoming fear*
- *Reduced or eliminated stress, anxiety, and depression*
- *Increased your net worth and/or salary*
- *Increased confidence*

plus so much more...

## HOW IT WORKS

This program is delivered via weekly Zoom calls and supported by a secret Facebook group which allows you to share your learning experience with the other participants. There is also exclusive BONUS content which is available throughout the program to ensure your experience is all-encompassing.

Our facilitator, Michael will guide you and the group as a whole through this life-changing and powerful program, based on the book by Bob Proctor "You Were Born Rich" (which you receive a FREE pdf copy of) ensuring you don't miss the crucial principles that have the power to change your world.

Spreading out the content ensures you receive the full benefit of the activities, content, and coaching.

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## TRE Workshop





This Course is in two locations in March:-

Two locations are:

**When:** March 9, 2019 @ 9:30 am – March 10, 2019 @ 4:00 pm

**Where:** Pat Brunton room, 2 Ernest St, Crows Nest NSW 2065

**Cost:** \$160 - \$585

**Contact:** Richmond Heath 0409 357 964

[Event website](#)

**When:** March 23, 2019 @ 10:30 am – March 24, 2019 @ 5:00 pm

**Where:** The Lavalla Centre, Marist College, 58 Fernberg Rd, Paddington QLD 4064

**Cost:** \$160 - \$585

**Contact:** Richmond Heath 0409 357 964

[Event website](#)

This workshop is open to anyone seeking to learn TRE for ongoing personal use including the general public

During the workshop, TRE will be taught as a self-regulated technique for people without any major medical or mental health concerns.

If you have any major medical or mental health conditions, have a history of complex or severe trauma, are pregnant or have any concerns about your suitability to learn TRE in a group environment, please contact the workshop facilitator before registering for the workshop.

Attendance at a 2-day introductory TRE workshop such as this one counts as the pre-requisite to an application for 2020

***Certification Training Program to learn to teach TRE professionally.***

WHAT YOU WILL LEARN (12 contact hrs):

**Day 1: Tremors, Trauma & TRE**

- Morning TRE session – Quickstart TRE (invoking tremors simply lying on the floor)
- Afternoon TRE session – Quickstart TRE
- Destigmatising & reframing shakes & tremors as a positive recovery resource
- How traditional cultures have used neurogenic movements for health, healing & spirituality
- Polyvagal theory & our 3 primary autonomic nervous system states
- The role of neurogenic movement in reducing stress, bracing, physical tension & chronic pain
- Why neurogenic movement has a deeper effect than general exercise
- Why embodiment is a key to building resilience & coping capacity

**Day 2: Tremors Beyond Trauma – Growth, Vitality & Resilience**

- morning TRE session – full TRE lead in exercises to deepen the tremor experience
- Afternoon TRE session – TRE for grounding, centring & presence
- Integration of overnight responses & refinement of self-regulation
- How neurogenic movements deepen embodiment & reconnect us with our body
- The role of fascial unwinding in restoring natural movement patterns
- Neural plasticity & how to get the most out of TRE on an ongoing basis
- The use of TRE for creativity, personal growth & accessing Flow State
- The growth & development available through the ongoing use of TRE

For more information see <http://www.traumareleaseexercises.com.au/>

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## Through the Door to the Core – A One Day

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## Workshop for Men



**When:** March 17, 2019 @ 9:00 am – 5:00 pm

**Where:** Byron Bay NSW 2481

**Cost:** \$200

**Contact:** Adrian Hanks

**Event Website:** <https://www.facebook.com/messages/t/adrian.hanks.9/>

A one day workshop for men who want to walk 'Through the Door to the Core' and explore, discover and work with their CORE energy, their CORE magnificence and their CORE being and emerge with a real sense of who they truly are – without the masks, pretenses, fears, doubts and old stories.

Throughout the day you will be guided and invited to work with deeper aspects of Meditation, Emotional Intelligence work,

Stepping into and working with clearing old stories and beliefs and stepping into processes to bring you into more alignment of who you truly are.

We will be working with many of the physical, emotional, mental and spiritual aspects and processes that Adrian has developed over the past 20 years in his men's work and psychotherapy practice.

Your investment for this one day workshop is \$200.

Includes workshop material, snacks, and a healthy lunch.

**See you next Month,**

***Cecil***

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