SSSC Proposed Workshops for Men 3/2023

**Workshop: The Problem with Spare Time, The Possibility with Spare Time**

Spare time or free time is a terrific thing, unless we have little experience making that time work for us in a positive, comfortable way. Come and exchange ideas about challenges related to having spare time, as well as brainstorming strategies for trying out new things.

Learning objectives include:

* What does the research tell us about why free time matters
* Identify common challenges with free time and strategies for overcoming these challenges
* How to step outside of our comfort zone in a safe way

**Workshop: Shadowboxing with Ourselves**

Shadowboxing typically refers to sparring or fighting with an imaginary opponent. Many of us have parts of ourselves that we regularly are in opposition with. The workshop explores how we can work with those traits in a new way.

Learning objectives include:

* Discussing the value of self-reflection and ways to practice self-reflection
* How to examine all aspects of ourselves without self-judgment
* Understanding why self-judgment perpetuates turmoil

**Workshop: Brains, Brawn, and Bravery**

Taking charge of our lives is bigger than just muscling through or being clever. A large challenge for us is being “human,” which involves emotion, vulnerability, and complicated relationships with each other. This workshop provides a space to discuss bravery and what it means to be vulnerable at times.

Learning objectives include:

* Identifying personal strengths
* Examining ways in which life experiences may have shaped our ideas about what strengths are more desirable
* Creating a personalized definition of bravery

**Workshop: Uncharted Territory: What Do You Really Want?**

If only GPS could map out how to get where we want to go, anticipating detours, delays, and speed traps! Many of us stay in a familiar “neighborhood,” whether that be a geographical space, a comfortable work environment, or the daily routine we know best. We might want something different, but are unsure how to get there. This workshop teaches ways to use personal values as a compass for navigating what we want in our lives.

Learning objectives include:

* Define and identify individual values that we want to shape our actions
* Discuss how we turn values into action, especially in times of uncertainty
* Brainstorm common barriers related to articulating what we **really** want for ourselves

**Workshop: Who Am I as a Parent?**

Most jobs are learned being mentored by a person who does that job well. However, when it comes to the job of being a parent, many of us have few healthy role models to lead the way. This workshop offers a space to explore who we are as parents, whether we are involved in our children’s daily lives at this time or not.

Learning objectives include:

* A safe space to discuss what being a parent means
* Identifying skills needed to help us be effective as a parent, and how to develop those skills
* Processing feelings related to losses we may have experienced as parents