

Power Tools for Men: Build Connections

Webinar Handout



Leonard Szymczak, MSW & Rick Broniec, MEd

powertoolsformen@gmail.com

www.powertoolsformen.org

Rick (414) 688-9580
Leonard (949) 973-5159



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A. Purpose of this webinar:

- Define Connection
- Present the Power Tools of Connecting with Emotions and how to deal with them effectively.
- Present the Power Tool of Relationship with others.

B. Survey Questions:

1. What emotions are you most comfortable with? Why?

2. What stops you from connecting with people? With yourself? Why?

C. The Five main feelings:

- a.
- b.
- c.
- d.
- e.

C. How do we use “Feelings as messengers” in our lives?

D. Questions to answer if you’re angry:

- a.

- b. The Power Tool to bring you to centeredness when you’re angry is:



E. Questions to answer if you're sad or grieving:

a.

b. The Power Tool to bring you to centeredness when you're sad is:

F. Questions to answer if you're afraid:

a.

b. The Power Tool to bring you to centeredness when you're afraid is:

G. Questions to answer if you're shamed:

a.

b. The Power Tool to bring you to centeredness when you're shamed is:

H. Questions to answer if you're joyful:

a.

b. The Power Tool to bring you to centeredness when you're joyful is:

I. The Four Benefits of Using Feelings as Messengers:

a.

b.

c.

d.

J. Power Tool: The Six Step Process for Emotional Awareness:

1. What are you feeling? Give yourself permission to acknowledge any anger, fear, shame, or sadness.
2. What triggered that feeling? Name what happened.



3. Where do you feel that emotion in your body? (gut, chest, head, etc.) Give it a color, shape, and texture. (black rock in my gut, etc.)
4. If that shape or emotion had a voice, what would it say?
5. What does the emotion need or want?
6. What can you do now to satisfy that need? (i.e. share your feelings with others? journal?)

K. Why is it important to connect with others?

1. A deeper understanding, appreciation, and love of self
2. More meaning thru relationships
3. Opportunities to satisfy emotional needs
4. Increased vitality and vigor
5. In other words, we grow and thrive as men in relationships.

L. The Power Tool of: Connection with Others:

1. Increase our awareness of what we are feeling or sensing in the present moment and acknowledge them without judgment.
2. Create space without interruption that allows vulnerability, understanding, and empathy.
3. Share our experiences, whatever arises, whether they be emotions or senses, face to face, with another person.
4. Listen to, encourage, and support one another to be open and vulnerable.
5. Ask for what we need in relationships and consider the other person's needs.
6. Stay committed to the process of connection and nourish and strengthen the connection as an entity in itself, the we-ness.



Contact Us!

**For further Information, or to get in touch with Rick or Leonard,
please check out our website:**

www.PowerToolsforMen.org

Or Contact us by email:

powertoolsformen@gmail.com

Or phone: 414-688-9580

**To Register for our next webinar, please watch for our Thank You email coming soon
and simply click on the link!**

What others say about Leonard and Rick's work:

“This is down-to-earth breakthrough material that weaves heart-felt stories with practical concepts that promote healthy masculinity and help men thrive in the 21st century.”

— Jack Canfield, New York Times bestselling co-author of the *Chicken Soup for the Soul* series, which has more than 250 titles and 500 million copies.

“Szymczak and Broniec have cracked the code on modern masculinity. No more modeling manhood after our distant, dominating fathers!”

— Katherine Woodward Thomas, New York Times bestselling author of *Conscious Uncoupling: 5 Steps to Living Happily Ever After* and *Calling in “The One”: 7 Weeks to Attract the Love of Your Life*.

“By sharing their personal stories and those of men who have been touched by their work over the past thirty years, Broniec and Szymczak empower men to open their hearts and embrace healthy masculinity.”

— Rich Tosi, Founding President, ManKind Project.



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Join us for more of our nine-part webinar series called, “Power Tools for Men.” We are offering the next webinar in this powerful series, “Build A Life of Love” for the reduced investment of **\$37.00** (\$12.00 off our regular price of \$49.00- a 25% savings!)

The webinar includes:

- Access to the webinar and replay
- Handout that outlines the webinar with resources
- PDF eBook with expanded content, stories, and exercises
- Access to the private Facebook page: Power Tools for Men.

Watch for your “Thank You” email after this webinar. It will have the link to register for “Power Tools for Men: Building Connections”

For further Information, please check out our website: www.PowerToolsForMen.org

Any questions, contact us by email: powertoolsformen@gmail.com



Resources to Help Men Thrive

Men's Organizations

- ManKind Project: www.ManKindProject.org
- Victories for Men: www.victoriesformen.org
- Men's Division International: www.mentordiscoverinspire.org
- Sterling Institute: www.sterling-institute.com
- The Boys to Men Mentoring Network, San Diego, CA: www.boystomen.org
- Illuman: a not for profit organization for men interested in becoming better, more authentic men. www.illuman.org

Men's Work

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