



Modern Manhood

- Lead, connect, and relate with clarity, calm, and emotional strength
- Harness vulnerability to build trust and connection
- Show up with presence as a father, partner, boss, friend, or mentor
- Communicate directly, effectively, and genuinely.
- Build deeper intimacy through empathy and accountability.
- Avoid burnout while increasing meaning and fulfillment
- Lead and live from alignment, not overdrive or ego.

Facilitated by:



Allyson Galishoff



Catherine Carroll

Group info

- Meets virtually
- \$75/session
- Discount for prepayment
- Easy out-of-network reimbursement

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