

# Successfully Responding to and Thriving in Challenging Times!

MEN'S RETREAT

AUGUST 4 – 6  
2023

Fort Collins, CO



# EXTRAORDINARY LEARNING RETREAT

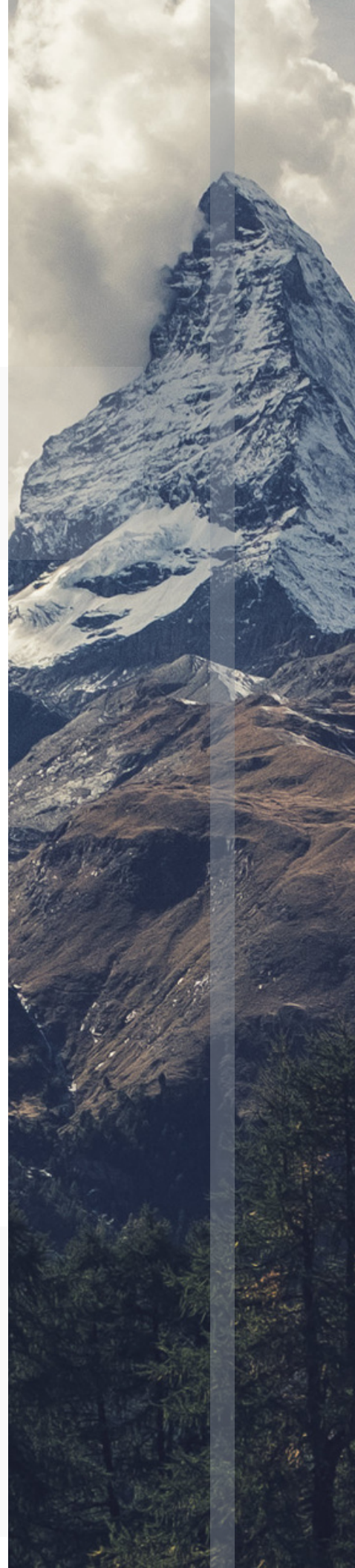
BLENDING ADVENTURE,  
CEREMONY, RITUAL, AND  
CHALLENGING PRACTICES

**This summer at a private mountain lodge a powerful and extraordinary learning retreat experience will take place in Colorado with 10 male participants and a number of special facilitators!**

As a participant in this challenging and safe space blending adventure, ceremony, ritual, and challenging facilitated practice you will connect with other men who will genuinely listen to what you have to say, be extraordinarily honest with you, and whole-heartedly support you in developing a powerful and healthy masculinity. You will cultivate the tools you will need to make your way through the many pivotal transitions in your life and lead to your ability to go on to consistently produce the outcomes you desire.

## ARE YOU?

- Unsure of what you really want or change your mind often, lacking certainty about what your main focus should or could be?
- Easily swayed by the opinions of other people or feel, at times, a crippling sense of self doubt?
- Physically tired or emotionally drained more often than you would like?



# DO YOU?

- Want a much more clear definition of what it takes to immediately advance in your career?
- Lack consistent follow through or lose enthusiasm quickly about things you know are important?
- More than occasionally feel somewhat guilty/unworthy/frustrated or disappointed in your results?



# WHY ATTEND

Attending this creative and engaging experience will assist you in clarifying your life's direction, refining your strategies for having more of what you want, and more, including:

- Building real-time communication tools in order to handle challenging conversations, develop meaningful relationships and achieve consistent results.
- Learning the self-care skills which lead to extraordinary levels of emotional energy and physical momentum.
- Practicing managing internal and external pressures as you refine and express your most authentic self.
- Learn how to demonstrate healthy masculinity while cultivating the tools you will need to make your way through the many pivotal transitions in your life.

**We invite you to join us, in this once in a lifetime opportunity, in order to continue to develop your strengths and talents, break free of any limiting beliefs, overcome poor habits and realize your dreams can be realities.**

# Program Facilitators



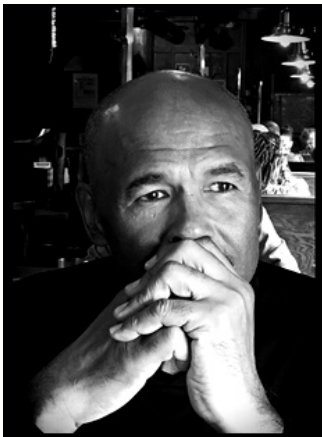
MATT  
D'AMOUR



Matt's coaching perspective and mentorship style is born out of twenty-five years of business experience that includes three successful start-ups. Raised by entrepreneurs and driven by an unwavering commitment to transformation, Matt began building businesses aimed at improving the well-being of others at a young age. Over the years, he has crafted, empowered, and managed both small and large teams ranging from fortune 100 companies like Nike, to pre revenue startups across multiple industries.

Matt's experience with facilitating young men in their personal and professional growth has spanned most of his life beginning in college with the Adventure Learning Programs and most recently leading a men's circle. As a result, his expertise is broad and incorporates extensive hands-on experience in human development, culture construction, and designing experiences that enable potential and unlock the process of individuals realizing their true gifts.

Matt is the co-founder of Subtle Distinctions, [subtledistinctions.com](http://subtledistinctions.com) an Integrative Coaching Company where he supports Individuals, business leaders, and their teams in making thoughtful decisions and executing strategies that generate intentional outcomes



JAMES  
LINWOOD  
PAUL



Linwood is a certified International Coach Federation Life Coach with over thirty-five years of rich and varied individual development experience.

Through his huge heart and an ultra-keen ability to recognize people's pain points and often unspoken needs, he is a masterful Executive Coach.

In conjunction with his individual work, Linwood is phenomenal at designing and delivering highly interactive, experience-based "group coaching" programs which have produced stunning results in team leadership, and organizational change. When he is not serving organizations as the co-founder of Subtle Distinctions, an Integrative Coaching Company, he can be found developing and leading programs engaging young people across the United States at United Way Agencies, Americorps, and metropolitan police department juvenile diversion programs. He has served as a Commissioner to the Boy Scouts of America, and for decades been instrumental in developing the Leadership Program at the Foundation for Teaching Economics.

# RETREAT DETAILS

- **Cost:** \$200 - (includes cost of the program, lodging and meals)
  - Airfare, and transportation to and from Denver International airport not included
- **Application** to apply:
  - All participants are required to submit a short application to [judithanderson@andersonrust.com](mailto:judithanderson@andersonrust.com) by **April 24th, 2023**.
  - **link to application:** <https://forms.gle/yGfgRMZnnTXRXUTV6>
- All other questions, email [judithanderson@andersonrust.com](mailto:judithanderson@andersonrust.com)

## Program Sponsor



A special thanks to **Judith Anderson:** Managing Director of A&R Consulting. In memory of *Robert Anderson 1948 - 2022*, A&R has underwritten the entire development and facilitation cost of this new men's workshop

