

# MEN'S ROUND TABLE

## TOOLS AND SKILLS FOR FLOURISHING IN CHALLENGING TIMES.

[We welcome men who have not attended other Victories events.]



Open to all men that are interested!

### DATE

January 16, 2021

Saturday: 9AM to 11:30

### ONLINE LOCATION

JOIN ON ZOOM

Enter this link information or dial in by phone, please see the full invite below.

<https://us02web.zoom.us/j/85332346066>

Meeting ID: 853 3234 6066

### REGISTRATION

CLICK HERE:

[HTTPS://WWW.VICTORIESFORMEN.ORG/EVENT/VICTORIES-ROUND-TABLE-TOOLS-SKILLS-FOR-FLOURISHING-IN-2021/](https://www.victoriesformen.org/event/victories-round-table-tools-skills-for-flourishing-in-2021/)

**COST NO CHARGE.**

**SUGGESTED DONATION \$20**

Victories offers a safe and empowering place for men to discover more about themselves, connect with other men, and build the meaningful life they deserve. Victories supports a healthy masculinity that is affirming and constructive. Through vulnerability, compassion, communication, and trust, we can make our families, our communities, our world, a happy, safe, and vibrant space so that each and every person can thrive.

Victories of the Heart, NFP is an Illinois not-for-profit organization exempt from federal income tax under Sec. 501 of the Internal Revenue Code. Donations (but not weekend registrations) are deductible under IRS rules. Victories of the Heart, NFP does not offer professional services that require its regulation or registration by any state or professional licensing body.

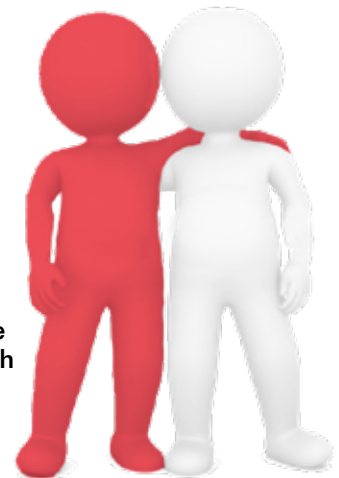
LEARN MORE...

 [victoriesformen.org](https://victoriesformen.org)

For many of us, the past year has assaulted our sense of well-being, creating anxiety and disconnections. In this roundtable discussion, we focus on principles found in positive psychology, Buddhist beliefs, and self-compassion to identify ways to enhance resiliency and promote ongoing personal growth.

#### PARTICIPANTS WILL:

- Identify “negativity bias” as a default position that leads to excessive anxiety.
- Apply three components of self-compassion as tools to enhance one’s resiliency.
- Explore the ways that five key psychological elements have impacted each participant’s well-being recently.
- Use these teachings and exercises to leave the roundtable with specific strategies to flourish in the midst of uncertainty and change.



**GAIN**  
CLARITY, JOY,  
SUPPORT,  
RELATIONSHIPS,  
CONNECTIONS,  
BALANCE,  
CONFIDENCE