

# Breaking the Boy Code

## Training Course for Professionals

**Date:** Friday January 31, 2019

**Time:** 9:00 AM – 1200 PM

**Location:** Hosted Online

### Overview:

The three most damaging words we can say to boys and men: “be a man”. It represents stigma, marginalization, and worse, the suppression of authentic emotional expression.

In this online training course, participants will learn about factors perpetuating this stigma, the negative implication for boys through men, and how emotional dysregulation presents as a precursor for behavioral, relational, and mental health challenges.

Participants are provided techniques, and strategies for recognizing and overcoming these emotional and gendered stigmas that can lead boys to suppress their authentic feelings. Participants will gain tools that can be applied into practice to support boys, men, and their families with both their emotional awareness and regulation.

To register for this online workshop, please visit [www.iamheart.ca/training](http://www.iamheart.ca/training).

### Key Learning Outcomes:

- To gain a deeper understanding of how stigmas impact emotional experiences.
- To gain awareness into the impacts of stigmas on emotional expression and behavior
- To gain tools, techniques, and strategies which can be applied into practice to support boys, men, and their families with emotional awareness and emotional regulation.

### Curriculum:

1. Introductions and Learning Objectives
2. The Internal Experience of Emotions
3. The Boy Code and Its Impacts on Boys and Men
4. Emotional Empowerment – Overview and Fundamentals
5. Establishing Emotional Awareness & Building Connection and Intimacy
6. Promoting and Guiding Emotional Expression
7. Reinforcing Emotional Resiliency
8. Problem Solving and Setting Limits
9. Review and QA

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### About i.am.heart

i.am.heart offers programs for elementary through high-school aged boys that build individual confidence, self-esteem and self-acceptance based on empathy, compassion, and emotional awareness. Through emotional empowerment, our programs teach boys how to identify, experience, accept and express their full range of emotions so they have healthier and safer relationships with family, friends, peers, and the world that surrounds them.

### Contact Us

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