

Tribe

A Monthly Men's Group

169 N Hampshire Rd Elmhurst, IL

Facilitated by Frank Naugo & Todd Adams



The Mission of the Tribe:

To redefine the current concept of masculinity by creating a challenging and supportive environment to awaken and empower our authentic selves

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or

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FAQ

What is it?

A gathering of men from varied backgrounds and experiences coming together on a monthly basis to engage in discussions and activities rooted in living a conscious life as a man in the 21st century.

Why is a group like this valuable?

We feel that in today's society being self-reliant is what's most highly valued and praised. While we see value in independence and self-reliance for many aspects of our lives it can, and often does, come at the expense of community. Men have in some ways forgotten how to connect with (and rely on) other men, our wives, partners, families and our communities beyond simply the "surface" level. Our hope is that by actively participating in this men's group we can reestablish this necessary sense of community by leaning on, challenging and encouraging one another.

Who is in the Tribe?

Currently, there are 15 men enrolled in our group. The group is facilitated by Todd Adams and Frank Naugo.

The facilitators are Todd Adams & Frank Naugo-

Todd is a sales rep for JVI Inc. and a real estate investor. He is a certified instructor for the Institute of Heartmath where he was trained in stress reduction and relaxation. He and his wife Cathy host a popular weekly podcast called Zen Parenting Radio (finalist for Best Health and Lifestyle Podcast in 2012) where they discuss conscious parenting and living well. Todd is currently a soccer coach and Junior Achievement Educator at the elementary school level. He also teaches parenting classes and is the father of 3 daughters ages 6, 8 & 10.

Frank is an application engineer by trade and has always been interested in how things work...especially the body and mind. He's a certified yoga instructor and raptor (bird of prey) handler. He organizes and co-leads Life of Yes! weekend retreats which bring together 10 complete strangers, who have no idea where they're going or what they'll be doing and immerses them in a life of yes environment. He's been leading and learning from the men's group experience since 2009.

What kinds of activities do you do? What do you talk about?

It really runs the gambit. As long as it is respectful, has purpose, brings value and falls within the framework of our Mission - it's fair game (please see Master Outline for previous Tribe topics to get a general idea).

How often do you meet?

Once a month

Where do you meet?

Todd's house – 169 N Hampshire Elmhurst, IL 60126

Is there a charge to attend?

\$20/meeting

Are there any other Tribe gatherings outside of the meetings?

Yes. We are currently organizing a weekend retreat March 7-9th, 2014 (more details soon to come) and occasionally have impromptu get-togethers outside of our meetings.

Men's Group Master Outline

Below are the list of topics of past meetings

2012

February- *Morning of our life vs the afternoon of our life*- Making the transition from our young lives to our adult lives and leading up to middle age and beyond. What things to continue to cultivate and what to let go of.

March- *The Shadow* - (Light vs Dark)- Recognizing both the good and not so good aspects of life and ourselves and embracing (in some ways) both.

April- *The energy of money* – How much value are we placing on \$ in our lives and is it in balance? Or, does it have control over us?

May- *Career vs Purpose* – Understanding the difference between work and our vocation.

June- *Cultivating Creativity*

August- *Figuring out what the hell is up with the way women think* - Cathy Adams gave insight on what women are looking for in life and within their relationships.

September- *Time Management* -What do we really want to be spending our days doing? How is our time divided into each priority? (Relationships, Career, Wellness, Spirituality, & Recreation)

October- *Spirituality vs Religion*

November- *Music* -We spent this evening doing a writing exercise while listening to a meaningful song from each member of the group

2013

January- *Stress* – Where does it show up in our lives and how do we cultivate strategies for reducing it.

March- *The Power of Vulnerability* - Embracing vulnerability as a strength rather than a weakness.

April- *Vision Board*- Each member created their own version of a vision board and shared it with the group.

May- *Relationship with our fathers* - How it affects who we are today

June- *The perfect being of ourselves*- Broke into small groups and shared our individual strengths and areas of improvement while comparing that to our “perfect” self.

August- *Physical Fitness*- Participated in a series of fitness “tests” to gage where we are today and possibly where we’d like to go moving forward. Daily log was distributed and partner “check-ins” were encouraged.

September- *Male Friendships* – How to take steps to nurture existing friendships and cultivate new ones. Observe and discuss why it’s challenging for men to connect with other men in our modern culture.

November- *The Effects of Giving*- Examine how we feel about giving to ourselves and others.