

# Concerned Black Men of Los Angeles

## Welcome to Manhood Session

Virtual Until Further Notice (via Zoom)

September 2020– May 2021 11:00am to 1:00pm

<https://bit.ly/cbmlalancaster>

### Workshop Topics and Purpose

#### Manhood Defined by Your Choices and Actions

**Sep 12** Help young men understand the relationship between choices and actions and how they relate to a person's definition of Manhood. Define the "ideal man" and explore a vision for one self.

#### Leadership: Building Character and Courage

**Oct 10** To engage in an activity that forces us to explore our character and identify the challenges to practicing it. To understand the role of courage in being a man of character. To examine the work of a Dr. King, Malcolm X, and Thurgood Marshall in being leaders and men of character.

#### Decision Making: Identifying Priorities and Claiming Responsibility

**Nov 14** To understand priorities and engage in an activity to identify personal priorities. To define responsibility and discuss the importance of it in maintaining their priorities.

#### Climate Control: Assessing My Environment & Managing My Thoughts

**Dec 12** To define "environment" and the importance of it in helping us to achieve our goals and protect our priorities. To introduce the dynamics of an environment and to assess our relationship to it. To understand the control that we have over creating an environment. Knowing our limitations.

#### Prim, Proper, and Prepared

**Jan 9** To discuss the importance of self---presentation and first impressions. To learn formal and informal introductions of oneself. To discuss how the world sees a Black man (man of color) and how we either combat or reinforce those stereotypes.

#### Physical and Mental Health: The Essentials of Living a Healthy Life

**Feb 13** To discuss the prevalent health issues affecting Black men in America and provide effective strategies for living a healthy lifestyle.

#### Relationships & Fatherhood: Examining the Role of a Man to that of a Woman

**Mar 13** To discuss the role of the man in relation to a woman. To understand what it means to protect and provide for a woman. To explore what it means to be a father, son, husband, provider, and protector. To discuss society's view of gender roles in relation to our own beliefs.

#### College Life and What to Expect

**Apr 10** To stress the importance of education and realize the long---term financial benefit. Compare and contrast our personal view of college with other's experiences. To learn creative ways to pay for college and obtain financial assistance.

#### Financial Leadership

**May 8** To discuss work ethic and how it relates to successful persons. To review key principles of success. To examine picking a trade and the right training program. To provide an introduction to entrepreneurship and how to start and manage your own business.