

"I've been doing workshops like these for years, but after this one, I finally get what real connection is! I felt safe to move through many of my walls. I got to feel it in my body."

Tom G.

"I now see that there are many different ways to confront, and I now feel confident to assert myself in ways I found terrifying in the past."

Pauline M.

"I rediscovered a part of myself that I seemed to have lost - that part of me that was happy!"

Diane M.

"Since the workshop my ability to delegate has quadrupled. I'm also more confident with negotiating."

James G.

"I am more aware of how much effort I put in to meeting other's needs and detaching from my own. I now ask my loved ones to help me break this old habit. I think I have made some progress."

Ken B.

"I now realize that I can live life my way. I have been avoiding experience and feeling and I have to encounter more."

Erik O.

"I have been practicing many things; adding "blocking moves," flexibility moves and elephant steps to my yoga practice and daily walks; practicing your feedback techniques, and trying to maintain flexibility, strength, focus and groundedness.

I also had a hugely insightful conversation with my mom about the place of conflict and aggression in the home of my childhood and got some wonderful insights into "why I am the way I am." Fascinating history of violence and conflict and the fear of those that goes back 4 generations!

So, lots to chew on and the experiential exercises really seem to have grounded many of the learnings in my body, so stuff keeps coming back to chew on over and over."

Barbara W.

"It was a real privilege to work with Joe when he delivered his program. It was profound, life changing, and Joe is the real deal - a wise, fabulous and gifted

man.”
P.P.

“I feel a difference in the classroom where I’m a teacher. I feel like I have more energy. I am more passionate, intense, and full of life. With this, I can command more attention from the students. Now I can better cut through the kids’ ego-mania and get them to focus on the task at hand. With my fellow teachers, I can give them my card and tell them I’m a good sub, without any doubts. I also feel more complete, more fulfilled.”

Bill B.

“I thought I would share a recent experience with you. I found my partner introducing himself into a potentially dangerous situation that he felt uncomfortable being forthright about. I asked for the counsel of a couple wise friends who validated my position of concern. Feelings of anxiety formed as I thought about how to approach my partner, disclosing my knowledge and concern of his plans. I chose to use the skills I developed in the MRC class. I confronted my partner with my knowledge and immediately used the techniques from the class. Previously his reactions were tantamount to relinquished angry emotional outbursts. This time things were very different. We conversed maturely and with no anger. We resolved the situation resolving the problem at hand.

This could not have been accomplished without the knowledge I gained from MRC. Thank you so much to all of you for making that weekend an amazing experience for me.”

Jeffrey L.

“What I have found transformed is my understanding of my need to care for myself better. To set the rudder better. Part of that practice involves being more open with others instead of auditioning in order to get what I need in terms of real contact instead of the semblance of it. To learn how to trust again/more. Being vulnerable in order to get what I really need or to communicate love or tenderness is unfamiliar ground. As this last week progressed I did see a desire for better contact with co-workers and with friends. I wanted to cut to the point of connection faster.

So, regarding confrontation. I know that improving my sense of self will enable me to confront respectfully without the expectation that I will lose if I am not understood or make the other sorry. I have to learn to want what is best for both and imagining that right now feels impossible because of what I have experienced thus far. Nevertheless, I see how it could because of you guys and your willingness to go further and be better men.”

Greg R.