

MENS MEDICINE MANIFESTO

The Empowered Leader

I have the courage to do what most won't...
I lead with my heart...For my family & what I believe in...

I stand for family with strength, love and leadership...
I stand with community in unity, integrity and humility...
With great faith I believe in fighting the good fight...
Standing for all men, women, children and families...
This is the culture we get to create...

I am the embodiment of my values & what I believe in...
I choose compassion & empathy over judgment...
I choose connection over division...
I choose deep faith when I'm in the unknown
I take ownership of my life & all my decisions

I ...

Define what it means to be a leader
Create my own opportunities
Build the life I can be proud of
Choose to be the change I want to see in the world

Even when I am in the face of fear
Even when there are few to believe
Especially when the odds are not in my favour
Especially when it shakes me to my core

I am an Empowered Leader