



Transforming Quarter-Life and Midlife Crises into Golden Masculine Presence:

Deepen Your Alignment with Purpose, Passion, Meaning, and Spiritual Interconnectedness



A Unique Men's Retreat Experiential Written and Presented by Jeffrey Jeanetta-Wark, MA, LICSW

Our desire to evolve within each of life's stages creates various existential yearnings. This retreat focuses on the following four pillars of personal evolution:

1. **Finding Meaning and Purpose:** Transform isolation into compassionate actions to help alleviate suffering.
2. **Preventing Crisis:** Explore ways to prevent quarter/midlife crises by aligning with our authentic self.
3. **Navigating Aging and Legacy:** Competently embrace wisdom, patience, and "paying it forward" as we approach life's later stages.
4. **Embracing End of Life:** Make dedicated efforts with joy, peace, and wise acquiescence in preparation for the next journey.

Retreat Overview

Insufficiently resolving the tension within the aspects above can lead to experiencing life crises. Through this retreat, Jeffrey guides men who may be experiencing quarter-life or midlife crises towards a more holistic and fulfilling life, encouraging self-reflection, connection with others, and a deeper understanding of their life's purpose.

What to Expect

- Making time for deep self-reflection and growth.
- Connecting with other men of good character.
- Finding your wild, untamed edge of spiritual expansion.

Quarter-Life Crisis: Typically occurs in one's 20s to early 30s and is marked by feeling trapped, uninspired, uncertain, and anxious about one's life's direction. These individuals may grapple with disillusionment, seek meaning, and question the quality of their lives. These challenges can serve as a wake-up call to live more authentically and soulfully.



Learning Objectives

Participants will learn how to use personal and effective skills grounded in the following areas:

- Differences between a quarter-life and midlife crisis.
- Concepts of *andropause* and a "Dark Night of the Soul."
- Components that typically constitute a quarter-life or midlife crisis, and how to prevent or manage such crises.
- Tasks for maturing into more healthy adult masculinity to better navigate challenges.
- Ways to move from shame-based and fear-based reactions into wholeness, maturity, compassion, empathy, and connection.
- Practices for creating deeper accord with one's essential self and one's soul through cultivating an intentional gratitude practice.
- Embracing life's joy, peace, and wise acquiescence of one's next big journey.

Midlife Crisis: Generally affects individuals aged 45 to 65 and beyond. Common experiences include lifestyle dissatisfaction, spiritual lethargy, existential questioning of life's meaning, energy depletion, irritability, and lowered sex drive. This prompts reflections on mortality and cultivating wisdom vs. despair. There's a strong desire to leave a positive legacy.

"I am glad to recommend Jeffry Jeanetta-Wark as a gifted retreat leader and guide. Jeffry shows up authentically in the space and creates a container for sharing and holding vulnerable stories. He is an embodied and loving presence inside the meeting space, during mealtimes, and during breaks. I love his infectious energy and big open heart for diverse people and their stories."

T. Michael Rock
Illuman's Council of Elders, and Director of Spiritual Direction at United Seminary of the Twin Cities

Proposed Retreat Schedule

This in-person gathering includes 10 hours of teachings and facilitation. The recommended daily schedule from Friday evening to Sunday morning is:

Friday Night

7 PM to 10 PM

Saturday

Morning: 9:15 AM to 11 AM

Afternoon: 1 PM to 2 PM

Afternoon: 4 PM to 5 PM

Evening: 7:30 PM to 9:45 PM

Sunday Morning

10 AM to 11 AM

Activities and Themes

- **Outline of the Weekend:** Content/personal introductions and exploration, icebreakers, reflections, debrief.
- **Crisis Clarity:** Gaining clarity on whether either type of crisis is something you experienced, cultivating deep awareness of causal elements.
- **Ritual Release:** Work at the fire ring.
- **Support Plan:** Developing a plan to relationally, socially, and psycho-spiritually support oneself in dealing with crises.
- **Mortality Concepts:** Wrestling with associated concepts and feelings of personal mortality.
- **Gratitude Practice:** Creating and implementing a practice of living in gratitude for one's beautiful life and for the gift of having lived while tasting a sense of joy, peace, and wise acquiescence related to one's next big journey.
- **Reflections and Farewell:** Reflections, takeaways, feedback, and goodbyes.

Let's join together for a weekend of transformation and growth.

Average Ratings from Participants at the Minnesota Illuman Retreat (0-5 scale)

This retreat supported, engaged, educated, and nourished me.	4.9
Because of this retreat, I moved closer to creating a deeper embodied accord with my essential self and my soul.	4.9
I connected with other gentlemen of noble character here.	4.7
I understand the difference between a quarter-life and midlife crisis and related concepts.	4.7
I have greater clarity on building an intentional practice of living in gratitude for my beautiful life and for the gift of having lived while tasting a sense of joy, peace, and wise acquiescence of my next big journey.	4.6

Retreat Host Responsibilities

The Chapter Conveners are responsible for providing the following: 1.) Private meeting space. 2.) Easel, flipchart, and markers. 3.) Printed handouts in sufficient quantity (facilitator will provide the file ahead of time).

Price

The price for Retreat delivery at your location is \$125 per man (with a \$2,000 minimum) plus travel reimbursement (e.g., airfare, lodging, meals, ground transportation, etc.).

Terms

The following payment terms and conditions apply: A non-refundable \$250 booking fee is due at least 30 days in advance of the scheduled Retreat. A \$1,500 deposit is due 30 days prior to the Retreat. The remaining payment is due by the last day of the Retreat before the facilitator's departure. The facilitator will submit a final reimbursement request within 14 days after the Retreat, less the \$1,500 deposit. Payment is due upon receipt. Payments may be made by check, credit card, or Venmo.

Facilitator Bio: Jeffry Jeanetta-Wark, MA, LICSW



Jeffry is the owner and lead clinician of the Center for Integrated Well-Being, Inc. (CIWB) in Roseville, MN, which he founded in 2004. With over 30 years of experience as a senior social worker, holistic psychotherapist, and educator, Jeffry has worked extensively in the Twin Cities metro area in various roles supporting men's development since 1988. He currently provides psychotherapy and leads men's retreats, groups, and trainings. As a national speaker and keynoter on authentic manhood, Jeffry is also the curriculum author and lead trainer for Authentic Manhood Programs (AMP). Dedicated to fostering greater presence, accountability, and high character in men, Jeffry's vision includes helping men connect authentically with themselves, serve others with courage, and develop lasting skills.

Jeffry can be reached at <https://authenticmenstherapy.com>