

# You're The One Newsletter

STRONG MEN CARE!

Issue 11 Vol 10 October 2016

## In This Issue

[What's New With Karen](#)

[Mojo Tip](#)

[Life Coach Tool](#)

[Be Inspired Interview](#)

## Karen Recommends



### COMING SOON TO THIS SPACE!

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2016 - New Products  
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## What's New With Karen

Welcome to October. In September I was stirred when I saw a new television advertising campaign "Strong Men Care." I knew immediately that it was time to write about this theme. Since then I've been really noticing the strong men in society, (& especially my family, including my Father, Brother, Uncles, and Nephews). There is indeed a long line of men who are caring. Right now, society seems to be embracing a new breed of men who are willing to break out of old outdated ways and share from the heart, not only their journeys, but their inner struggles. Let's salute these men who have the courage to not only look at parts of their lives that are extremely hard to look at, but to be strong and caring enough to speak openly to other boys, men & the women in their lives & society. This month, let's all encourage the men in our lives to open up (helping them know, they are human & have flaws like the rest of us) and it's time to be real, open and truthful and we love them even more for that. Love Karen XXX

## Mojo Tip: Caring is the Sign of a New Breed of Men!



### Jimmy Barnes, Singer, and Role Model of Embracing Caring & Authenticity

The 10th step on your mind-altering Mojo mindset for 2016 is to understand that real masculine strength is rooted in strength of character. Men with Mojo embrace their integrity, authenticity, and show care for themselves, their families, and others. They understand that 'caring' is the real indicator of strength & old ways of being physically strong, or having status and affluence are now outdated. These new breed of strong men are also willing to speak from the heart truthfully, authentically, about some of their painful battles & face their demons. My perfect role model on this important theme is Singer, Jimmy Barnes, who is set to hit the stage to promote his new book "Working Class Boy". Jimmy is now speaking publicly for the 1st time in his life about his harrowing childhood, in which he says he was "scared all of the time" opening up about his Father's alcohol-fuelled violence, and the abandonment when his Mother left the family home. Jimmy admits to subconsciously trying to kill himself through alcohol in the past, as a way to self-medicate him from facing things in his life that were too hard to deal with. What I love about Jimmy is the following quote: *"I spent most of my life running from my childhood and now it seems like my time to face it. So this is the story of a lifetime spent running away. Running from fear. Running from*

*shame but at the same time running from hope. I'm not running anymore."* Jimmy no longer drinks, he is happily married to his wife, Jane, and relishes in his role as a Family Man as the most important aspect of his life. He is the new breed of men that we can all admire. Men that are willing to be authentic, to be emotional, show their feelings, cry publicly, and share their truth. Men that know it's important to share their experiences because there are people out there going through something similar, and probably more. Men that are comfortable in seeing their caring side as a sign of strength. Men that are getting the balance right of being able to express themselves emotionally and be strong on the sporting field. Men that will do the difficult thing and sometimes step in against the crowd to protect the more vulnerable. Men that stay true to what they believe. Men who can admit to their mistakes they have made. Men that can remain honest and humble. Even as I write this, I am excited for this new generation of men, who now are more open about what it truly means to be masculine - summing up in one word it is "caring." Let's all encourage the men in our lives that it is not how much they have in the bank account, that makes them masculine, or how many bench-presses they can do at the gym, but rather that real strength means embracing their caring roles. In-fact research shows that experiences where men show their caring side, lead to men feeling fulfilled and strengthened. Thankfully, too, media is embracing this with new campaigns where masculine Role Models in our society are now showing that being caring is indeed the true strength of a real man. Let's all applaud, encourage and celebrate the modern men who care. Love Karen XXX

### Life Coach Tool: Keys On How To Raise Young Men



#### See What Makes a Man Stronger

Dr Michael Kimmel is an American Sociologist specializing in gender studies. He holds the position of Distinguished Professor of Sociology at the Stony Brook University in New York and is the founder and editor of the academic journal "Men & Masculinities." He has also founded the Center for the Study of Men and Masculinities at Stony Brook University, where he is Executive Director. Below, I share an excerpt from a recent interview about changing the way we raise men, see below:

**Q: Do we need to change the way we raise men**

**A: Dr Michael Kimmell (below):**

"Well, I think here is a tremendous opportunity. Raising our young boys to be mature, sensitive, responsible men is not nearly as difficult as you might think. Because there are a couple of opportunities here that are really happening out there in the culture as a whole. The question about how to raise boys to be different kind of men, non-violent men, I mean it's actually probably easier than you think. I actually have this fantasy, now no one has ever accused me of being a hardened cynic on this question, but I think we could do it in one generation if we really set our minds to it. And that is if we as the parents decide that we are going to let our children know and we are going to model new kinds of behavior. If both mothers and fathers, for example, work outside the home, then little boys and little girls will grow up to think that working outside the home is something that grownups do. Not something that men do

and women may or may not do, but something that adults do and when when I get to be an adult, I'm gonna do, too. And if nurturing and loving and caring is something that both mothers and fathers do around the house. If they see their mother and their father doing this, now remember the one thing you can always count on is every little boy thinks that his father is a real man. so they will grow up to think that nurturing and loving and caring is something that grownups do. And when those little boys get to be grownups, they'll be nurturing and loving and caring, too, because that's what real men do. So it's actually a real opportunity through fathering that men can be raising a new generation of boys. Now I think what we have to do is we have to tap into the fact that men want to be good fathers. They want to have better relationships with their children than their fathers did with them. So I think this is a tremendous opportunity if fathers can model new kinds of behaviors they will raise a new generation of sons."

*Michael Kimmel has written a number of books, including 'Manhood in America' and 'Guyland: The Perilous World Where Boys Become Men.' He is a World Leading Expert on the Study of Masculinity.*

### **Be Inspired Article:10 Questions with Connor MacNamara!**



#### **Who is The Real Connor?**

Hi my name is Connor MacNamara and I am a 21 years old currently living with my beautiful girlfriend in Sydney, NSW. I was born in Melbourne but spent my childhood growing up in a small country town called Dubbo in NSW. Growing up I played a lot of team sport and loved going motorbike riding. I now work fulltime for Sydney Water, a government organisation, and I love to spend my free time listening to and creating music and spending time with my girlfriend, friends and family.

#### **Which five words best describe you?**

Adventurous. Funny. Genuine. Open Minded. Different.

#### **What was your first job and what path have you taken since then?**

McDonalds in Dubbo when I was 14; since then I have worked as a Labourer doing landscaping & a Bar Tender at a Pub in Sydney. I am currently completing a 2 year traineeship as an Electronic Security Specialist for Sydney Water, a government organisation. I also work some weekends DJ-ing parties, clubs and pubs.

#### **What's your proudest achievement?**

Completing 2 Diplomas this year; A Diploma in Music Production; & Diploma in Project Management. This wasn't easy at times as I was

trying to study for both Diplomas at the same time while still having a full time job.

**What's been your best decision?**

I think I have only just made my best decision; I have decided to quit my full time job at the end of the year and pursue my dream of becoming a DJ/Music Producer. I will be studying a Bachelor in Creative Arts in Music, at the University of Wollongong.

**Who inspires you?**

There are two main people that inspire me in my life; one, being my childhood hero, Travis Pastrana, & Mum. Travis Pastrana is a professional Freestyle Motocross Rider, who has pushed the boundaries of the action sport further than anybody in the world, he has always been there to help out fellow action sport athletes and his friends and he lives by "nothing is impossible". My Mum, on the other hand, is the strongest person I have ever met in my life. She is the most kind and caring woman in the world and will always put others before herself. I would not be the person I am today without her.

**What are you passionate about?**

My number one passion is music. Other passions of mine include working out, staying healthy, motorbike riding, camping and travelling the world.

**What's the best lesson you've learnt?**

I'm not really sure if this is a lesson but "Don't Worry Be Happy" a song by Bob Marley. It's really simple and means what it says; it has stuck with me and sometimes when I am over thinking and worrying about things out of my control I stop and think about the lyrics in the song.

**Which person, living or dead, would you most like to meet?**

Travis Pastrana, I would love the opportunity to hang out with him for the day, asking about his life and advice with my own life. As well as going motorbike riding on his tracks at his house.

**What dream do you still want to fulfil?**

My dream in life is to become a professional DJ and music producer.

**What are you reading?**

I'm actually not reading anything at the moment, but next year when I have a bit more time on my hands I would start reading autobiography's on different musicians. I think I'll start with 'Scar Tissue' by Anthony Kiedis.

**Daily Hint: Find Ways Daily to Encourage our Men to Open Up:**

Thank you! Your Daily Hint this month is to consciously encourage the men in our lives - whether that be our family, friends, colleagues to

know that being caring is the measure of true strength, & they can let down their masks of bravado, take the pressure off, and be truly authentic. And we love them even more for being able to open up emotionally, and at the same time, influencing a new breed of young men! Lets find ways daily to encourage the men in our society.

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm truly humbled by my interview with my wonderful Nephew, Connor MacNamara. We recently celebrated Connor's 21st birthday in Melbourne and his genuine, thoughtful, caring and open way of communicating was such a refreshing change for me. Connor is a gift to our family and to the world. He is truly at the forefront of a new breed of young men who are willing to be authentic, caring, and emotionally open. And most importantly, he is extremely respectful to women. And he's a cool dude to boot! Be captivated by my wonderful Nephew, Connor. A true Role Model for all genders.*

"

*A lot of guys have muscles. A lot of strong men in this world. I think it's important to show that even under all this strength there's a fragile side, a side that can be affected."*

*- Sylvester Stallone*

Yours sincerely,

*karen vella*

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**INTRODUCING**  
**Michael Kimmel,**  
**Executive Director -**  
**The Centre for Study**  
**of Men & Masculinities,**  
**Stony Brook University**

**The Center is committed to:**

*"fostering a world in which everyone, regardless of race, gender, or sexuality, reach their full potential as human beings. We support and promote research that furthers the development of boys and men in the service of healthy masculinities and greater gender equality. We seek to build bridges among a new generation of researchers, practitioners, and activists who work toward these ends. This unique collaboration will enhance the quality and impact of research, and enable a more informed policy and practice." If you wish to make contact, here is a link:*

[centerformandm@stonybrook.edu](mailto:centerformandm@stonybrook.edu)

or:

[Michael.kimmel@stonybrook.edu](mailto:Michael.kimmel@stonybrook.edu)

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