

## **Suggestions and Guidelines for Rowe Workshop Presenters**

There is no one right way to do a workshop at Rowe! Our workshops are as different as we are. This document is intended as a set of helpful suggestions, gathered purely from our own personal experiences over the years, as well as feedback received on the annual surveys.

Nuts and bolts:

- Workshops last a maximum of 90 minutes. You are free to end early if you like (you may plan to do a 60 minute workshop, for example) but we ask you do your best not to run over time, in order to respect the retreat schedule.
- Workshops proposals may be submitted using [this link](#).
- Please understand that it may not be possible to offer all workshops proposed, depending on the number of submissions. We may also follow up with you to suggest or request modifications to a workshop if necessary. You will hear from us either way by August 1. Feel free to reach out to either of the facilitators with questions.

The finer points:

- Diversity, diversity, diversity. The Rowe Men are one of the most diverse groups you can imagine—we not only come from different expectations, experiences, and desires, but in many ways come to RLD seeking opposite things. Some men come from academic, scientific or professional backgrounds and enjoy workshops filled with information, history and data. Other men are artistic, creative free-spirits who have trouble sitting still for fifteen minutes. Some of us are combinations of these two. There is no “typical” RLD man.
- For this reason, we always try to offer a potluck of workshops within each time slot. This frees a presenter not to have to be “all things to all people”, but to attract and focus on the group you think will most benefit from your workshop.
- Men come to Rowe for many different reasons. The origins of RLD, 40 years ago, came from a time of trauma and wounding, and many men still come to Rowe to heal. Others, however, come to play and celebrate, more interested in lightness and fun rather than seriousness and depth. Some of us experience both, sometimes during the same weekend.

What we have found over the years:

- There is a preference for participatory, active workshops where there is active sharing and discussion, movement. Men seem to prefer active engagement (whether artistic, intellectual, physical) to “stand and present” workshops.
- Varying the structure of the workshop as we move through it (presenting for a few minutes, discussion for a few minutes, breaking into or out of small groups, working together as a pair or small team, etc.) seems to keep the energy flow moving.
- We naturally want to share with others things that have been powerful for us. That said, try consciously to focus your workshop on the people who will come—what is it you want them to understand, experience, or gain? What is the best method or means of structuring the workshop for them so that it happens.