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Brothers

Every man needs strong, authentic friendships

Programs Brochure

Who We Are

Brothers is a movement that seeks to empower and inspire boys and men to create strong, wholesome and authentic male friendships, as well as combat damaging cultural influences that can hinder them from doing so.

The Importance of Male Bonding

- Less likelihood of social isolation (which can lead to stress related illnesses, isolation, addiction, suicide, divorce and violence).
- Increased lifetime (less likelihood of Alzheimers, obesity, diabetes, high blood pressure, heart disease, neurodegenerative diseases, and even cancer.)
 - Greater success in men's personal and professional lives.
 - Increased resources and resiliency in times of crisis.
- Stronger connection with family, spouse, kids, peers and themselves.
 - Greater peace of mind and sense of purpose.

Sources: Deep Secrets (Niobe Way), When Boys Become Boys (Judy Y Chu), Remaking Manhood (Mark Greene)



Three Common Roadblocks in Creating Deep Male Friendships

The Sexualisation of Love

Many guys avoid closeness in friendships, fearing that it has to be sexual, or that it will be misunderstood as sexual.

The Perception of Masculinity

The perception of what it is to be a "real man" has hindered many men from connecting with themselves and the ones around them.

The Sheer Neglect of Male Friendship

Genuine friendships between men have in many cases been neglected, ridiculed or dulled down to a shallow hang-out.



We Believe In a Brotherhood Build On...

Authenticity

A man needs brothers who allow him to be real and fully himself, with no need to wear a mask.

Adventure

A man needs brothers who he can enjoy life and all its adventures with.

Loyalty

A man needs brothers who are always there. Someone who can support him in good and bad times.

Integrity

A man needs brothers that can challenge him to become a better man. A man that takes responsibility in every sphere of life.

Purpose

A man needs brothers who stir him into living a life of purpose. To not settle for less, but continue to grow in life.

Trust

A man needs brothers he can safely pursue a deeper and meaningful friendship with.

Our Solution

- Offer holistic education on male friendship and manhood.
- Get guys to reflect on their own friendships by asking the right questions.
- Normalise men's longing for deep friendship by sharing from one's own experiences and need for connection, and remove the stigma attached to this topic.
- Equip men to discern and challenge unhealthy cultural influences imposed on them and their friendships.
- Equip boys and men with practical advice on how to see their friendships grow stronger.
- Remind boys and men that they're all created with the ability to develop and sustain emotionally intimate friendships with others - regardless of personality, background, race, interests, sexual preference etc.



We Offer

Workshops

Duration: 1,5-2 hours.

Included: Introduction to Brothers, interactive teaching, independent practice (group discussion around two or more questions), recap & practical advice, Q&A, conclusion.

Topics: History of male friendship, common roadblocks in creating deep friendships, friendship build on Brothers' core values, personal stories and examples, friendship in different cultures (and more).

Who's it for: Men. All ages.

Keynote Presentations

Duration: 20-60 minutes.

Topic: Men's Friendships and Masculinity (with an introduction to Brothers)

Who's it for: Men and women. All ages.

Who Can Book Us?

Schools, organisations, events, companies and anything in between. **Anyone, basically.**

Our speaker (Kim) is based in Oslo, Norway, but our workshops/presentations are offered worldwide. Travel expenses will have to be paid by whoever books him.

Price

Contact us for a quote.



Our Speaker



Kim Evensen

Founder and CEO of Brothers.

Kim (27) is the CEO and the Founder of Brothers. Since he first got the idea of Brothers, he has studied the topics masculinity, men's friendships and men's development, independently. He has previously studied leadership for three years and acting for four years.

Testimonials

"We invited Kim Evensen to come and teach our youth group about the core and heart of Brothers. It really challenged and inspired us to think about our friendships. The workshop Kim had with us, opened our eyes to many things in regards to men's friendships. Honestly, it made us see what we otherwise wouldn't have seen."

Martin (Youth Worker)

"The work Kim and his team are doing through Brothers is remarkable in many ways. Brothers is directly and effectively addressing the many damaging cultural stigmas that prohibit boys and men from forming social connection. Kim's understanding of the issues behind the isolation of boys and men face is ever-expanding because he seeks advice from a wide range of sources and he acts on it.

I have been writing and speaking on men's issues for nearly ten years now. I have seen many different initiatives, which in seeking to address men's challenges bog down in privileged or insensitive frames, thus creating more challenges than they resolve. Brothers does not suffer from these challenges. It is an organization that respects the issues faced by women and people of color even as it works to create much needed connection among men."

Mark Greene

(Senior Editor at the Good Men Project, writer, speaker and advocate on men's issues.
Founder of Remaking Manhood)

"I found something that I didn't think I needed. And it changed my life. It's so special...I can't describe it..."

Julian (Has attended several Brothers events)

"I used to be in an environment where being tough and emotionally stoic was how you'd behave. I had been taught by society that being open and vulnerable wasn't manly, but being independent at all times was. This affected all my relationships. Brothers taught me to open up, and I've started to express myself more freely, without being afraid of being rejected by the guys. It's a process, but I'm glad it has started. Brothers is helping me to change my mindset, and not let society decide how I ought to behave in my life and in my friendships."

Jonathan



Contact Brothers today!

Your decision will change lives.

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