



THE

UNMASKED MAN

WELCOME PACK



THEUNMASKEDMAN.CO.UK



**"UNITING MEN THROUGHOUT THE WORLD.
IN THEIR TRUTH, VULNERABILITY
AND AUTHENTICITY"**

Alexander Cottle
Founder

THEUNMASKEDMAN.CO.UK

#MENSMENTALHEALTH

WELCOME

BROTHER

The Unmasked Man was created to unite men globally.

To begin a masculine awakening.

An awakening that will ripple throughout the earth and leave mens lives transformed.

When men decide to consciously journey together they learn to rise together.

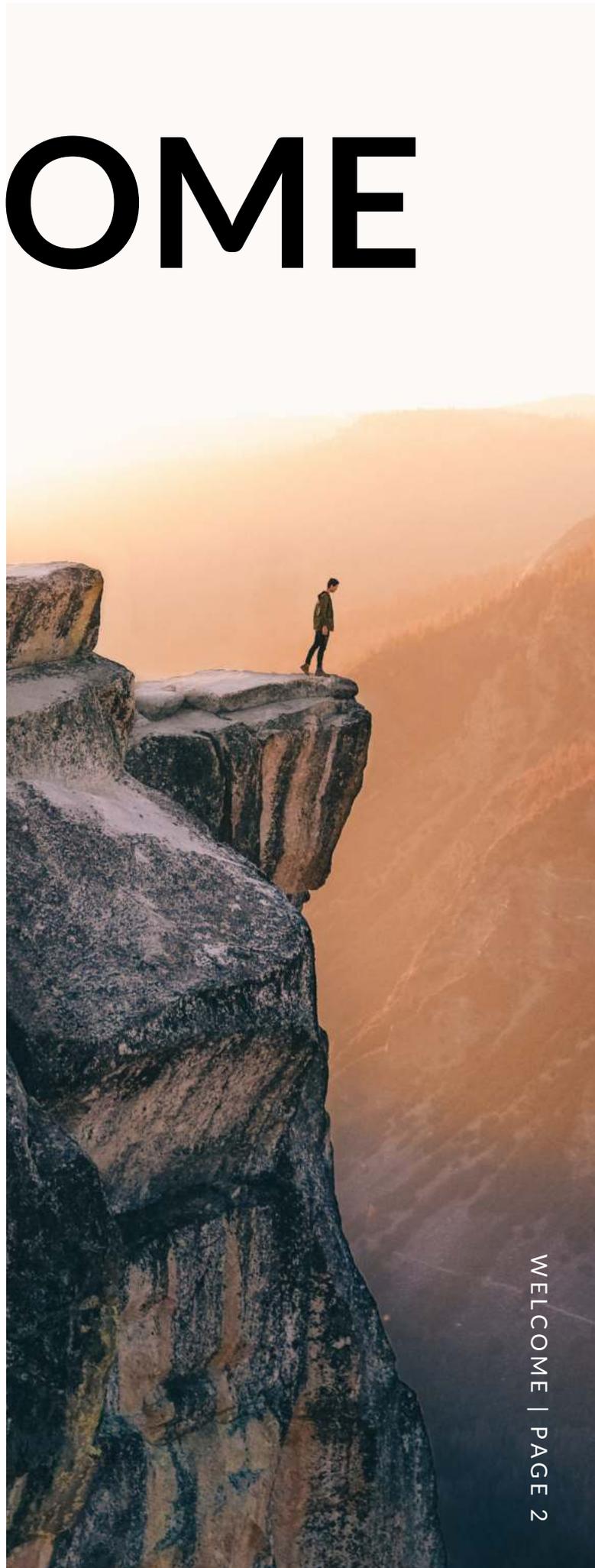
This is an opportunity for change, for growth and to leave old beliefs behind.

Our personal coaching, trainings and men's circles can take you to areas that will trigger, ignite, challenge and spark change.

We ask for your trust, your openness, your commitment and your presence.

WELCOME BROTHER.

**All of you is welcome.
Both your gold and your shadow.**





**"THERE IS
NOTHING
STRONGER
THAN A BROKEN
MAN WHO
HAS REBUILT
HIMSELF"**

PROVERBS 24:3

WHO ARE WE?

Like you we are men finding our way in the world.



Alexander Cottle

FOUNDER & MEN'S COACH

“Some of the greatest personal shifts and transformations I have experienced have been found in Men's work.

Since founding the Unmasked Man I feel aligned with my path to support and help guide men globally”

Alexander Cottle

Alexander Founded the Unmasked Man in 2018. His purpose was to create a space for men to meet and unite in brotherhood, to encourage sharing and help men journey to a deeper understanding of themselves.

He is a Mens Transformational Coach, NCS Level 3 Qualified Counsellor & Meditation teacher. Alexander has sat with hundreds of men all over the world helping them to unmask, to shed light on the unconscious boy within themselves and to finally discover their true power they have hidden for too long.

Leading through embodiment, Alexander has overcome many struggles on his journey, enabling him to hold space from an empathetic and relatable place. He believes that through true authenticity and vulnerability we can drop into a better relationship with ourselves and our bodies, creating a compassionate and grounded approach to self healing and growth.

WHO ARE WE?

Like you we are men finding our way in the world.



Mitchell Campbell-Thomas

FOUNDER & MEN'S COACH

“ It is has become my life purpose and joy to assist whoever is ready to come to realise who they truly are. ”

Mitchell Campbell-Thomas

Mitchell is on a journey of self realisation. After a snowboard injury whilst studying at university he was left completely paralysed from the neck down. Mitchell's life fell apart around him and from pain and loss he slowly healed and a new path unfolded. This lead him to 8 years of travelling in India, Asia and Europe where he dedicated himself to a transformational inner journey and developed the skills to become a guide for others.

Mitchell is a Water Therapist, international retreat holder for both men and women and uses Wim Hof inspired teachings to allow people to experience the healing power of breath, focus and cold water. Mitchell has spent many months living in the wild and loves to reconnect people to the elements. He also shares his poetry and music throughout his healing work.

Mitchell's vision is to support men in relating authentically and living from an open undefended heart.

THE DIVINE

MASCULINE

DEFINITION:

A man who is strong
yet warm,

On purpose yet playful,

Powerful yet loving: balanced
perfectly in equal measures.

Only in this way can the male
energy thrive and express itself with
deep presence, purpose
and power.

SHIVA

*In Hindu, Shiva portray's
absolute reality or consciousness and
is known as the Lord of Meditation.*

*He represents the highest, most
inspiring and truest expression of
masculinity.*



SHIVA

INTRO

The Unmasked Man Global network of Men's gatherings, coaching programs and facilitator trainings were created to enable men to look deeper. To side step the superficial and to ask themselves important questions. To challenge old beliefs and to create a new path. We offer a journey for you to start to uncover and explore parts of yourself that have long been hidden or suppressed. **All of you is welcome.** When stories are told in safe spaces shame cannot exist.



ALL OF YOU IS WELCOME

MEN

- Have you lost your purpose?
- Do you find yourself wanting to express deeper emotions around your partner, friends and family but do not feel like you are able to do it without being judged or simply that they won't understand you?
- Do you have emotions that need venting but no safe space to do it?
- Do you find yourself lacking connection? ... Want to truly be seen without judgement?
- Traditional masculinity *cough* ... toxic masculinity doesn't often allow for open expression of emotion. And sadly to say it is often the accepted way of relating to each other in the west. If you're reading this and nodding your head then perhaps this is the masculinity you grew up with or interact with on a daily basis.
- I believe we are shifting to a more harmonious masculinity as a planet. One, that is stronger by being authentic, vulnerable and open to emotion. This is what the Unmasked Man represents.
- Brotherhood in the truest sense, sharing, opening to our deepest wounds in a group setting and realising that the man opposite you actually shares the same fears. We offer you the opportunity to join one of our online Men's programmes. Gathering Men from all over the world, we will forge great friendships in truth, depth and realness.
- There are no space for masks, just authenticity and realness.



DISCOVER YOUR KING



**"OUR DEEPEST
FEAR IS NOT THAT
WE ARE
INADEQUATE.
OUR DEEPEST
FEAR IS THAT WE
ARE POWERFUL
BEYOND
MEASURE."**

MARIANNE WILLIAMSON

PERSONAL GROWTH & TRANSFORMATION

The Unmasked Man gives you the opportunity to embark on a truthful and deep process. You will undergo your own journey of self discovery and liberation.

It is time to awaken and be honest and authentic with yourself.

To lead the most authentic and empowering life it all starts with us.

Taking accountability and 'walking are talk'.

Together we will look at what is holding you back from rising into your power and work through blocks that are currently preventing you from fully giving your expression to the world.

WHO IS THE UNMASKED MAN FOR?

- MEN that are ready to take the next step.
- MEN that want to create great change in their life.
- MEN that ready to leave the superficial relating behind and become a leader of their life.
- Men that are ready to discover their KING and live their PURPOSE!





**"SOME OF THE GREATEST
PERSONAL SHIFTS AND
TRANSFORMATIONS I HAVE
EXPERIENCED HAVE BEEN
FOUND IN MEN'S WORK.**

**LEARNING TO SHOW UP,
LEARNING TO BE
ACCOUNTABLE, DISSOLVING
THE OLD STEREOTYPE OF
WHAT IS IS TO BE A MAN
AND EXPLORING OUR OWN
SHADOW"**

ALEXANDER COTTLE



WHAT YOU CAN EXPECT FROM YOUR JOURNEY WITH US.

- Redefine what true masculinity is through experience and sharing.
- Forge bonds, friendships and brotherhood with Men all over the world.
- Create a new and healthy direction in you life.
- Challenge old beliefs.
- Have a support network to help you show up and keep in your integrity.
- Share your problems and feelings openly and realise you are not alone.
- Learn skills and knowledge to help navigate you through the world.
- Understand the masculine archetypes, theirs shadows and notice these energies present within.
- Build accountability and trust in oneself and others.
- Face fear, be seen and step up to become a leader of others.
- Finally stop playing small and break free from your own cage.



WANT TO FIND OUT MORE?



[THEUNMASKEDMAN.CO.UK](https://www.theunmaskedman.co.uk)



[THE.UNMASKEDMAN](https://www.instagram.com/the.unmaskedman)



[FACEBOOK GROUP](#)



#VULNERABILITYISCOURAGE



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