



Group Coaching for Male Leaders

Are you tired from being in charge, struggling to effectively communicate your message and are looking for ways to collaborate in your team and wider within your organisation?

This group coaching is based on a male maturity model of how to have the most impact as a man, including the ability to relate, communicate and lead in complexity. This is a rare opportunity for senior leaders to come together, listen, share, and be seen as they are, without judgment or expectations.

Amaranatho has been running men's retreats for over a decade and supporting executives and leaders with this approach, as well as holding a weekly online men's coaching group.



Amaranatho is Head of Faculty and Leadership for Blend Associates Ltd, which support public and private sector leaders and teams in the UK, Europe and the USA. He is a coach at senior practitioner level and coaching supervisor. He supports executives, leaders, & teams to stay calm and connected in complex situations, using the PlayfulMonk approach he developed. He started his working life as a technical support manager & this took him on a transformational journey from getting a degree in AI, to world explorer & spending 15 years as a Buddhist monk.

What are the intended outcomes of this group coaching?

We will explore our habitual thinking patterns. Being able to access and recognise these allows us to be more agile, expressive, and deepen your maturity as a leader of people and teams.

This collaborative approach will leave you with an understanding of how to improve your leadership to serve others and be fulfilled, purposeful and peaceful as a man.



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What is included?

6 x 90 minute group coaching sessions for a maximum of 10 men

The first session will orientate towards understanding this approach and all subsequent sessions will allow you to experience how this can impact your work and personal development.

What have previous participants said about it?

"Working with Amaranatho was extremely helpful. In just a short space of time I gained a great deal of insight into the inner workings of my mind and body, and the connectivity between the two. Working alongside other men was also incredibly useful. I learned so much from Amaranatho's interactions with every single male in the group, as well as his engagement with me personally. I'm really looking forward to working with Amaranatho again in the future".

Jonny Benjamin MBE, Mental Health Campaigner



For more information, please contact: office@ltdblend.com