



Connected & Grounded

Session 4: Purpose Through People

Finding meaning through connection

Life's purpose is often found through who we walk it with

How connection helps us discover purpose

Beyond the Echo Chamber: Our true selves, strengths, and deepest values aren't just discovered in solitary reflection. They are often revealed, sharpened, and understood in the crucible of genuine connection. When we allow ourselves to be seen, truly seen, by others, their reflections can illuminate parts of us we never knew existed.

The Mirror of Relationship: Through vulnerability and shared struggle, our interactions with others act as mirrors, showing us our capacity for resilience, empathy, and leadership. It's in supporting and being supported that we gain clarity on what truly matters to us, moving beyond societal expectations to our authentic calling.

A Tapestry of Understanding: Every person we connect with adds a unique thread to the tapestry of our understanding. Shared experiences, diverse perspectives, and the co-creation of moments expand our very definition of self and our profound place in the interconnected human story.



Legacy vs. Loneliness

- The Mark of a Life Lived: Legacy isn't just about wealth or status; it's the ripple effect of our presence, the imprint we leave on hearts and minds. When we consider our legacy, we're asking: What difference did I make in the lives of others? How did my journey enrich the world around me?
- The Emptiness of Isolation: A life focused solely on individual gain, disconnected from meaningful relationships and contribution, often culminates in a profound sense of isolation, even amidst outward success. The deepest regret isn't what we failed to acquire, but the connections we failed to nurture.
- The Unseen Inheritance: Purpose emerges when we recognize that our lives are part of a larger continuum. It's about contributing something lasting – wisdom, kindness, a sense of belonging, a positive change – that benefits future generations or strengthens our community. Our legacy is truly defined by how deeply we connected, not how much we accumulated.



Serving others as a form of healing

Shifting the Lens: When we serve others, our focus naturally shifts from our own internal struggles and perceived lacks to the tangible needs of the community around us. This outward orientation is a powerful antidote to rumination and self-absorption, breaking cycles of negativity.

The Reciprocal Gift: Acts of service aren't just altruistic; they are profoundly reciprocal. They foster deep gratitude, cultivate radical empathy, and ignite a powerful sense of accomplishment that transcends personal achievement. In giving, we invariably receive.

The Path to Wholeness: Contributing to something larger than ourselves—being a part of the solution, a source of comfort, a catalyst for change—can be profoundly therapeutic and spiritually fulfilling. It reminds us of our inherent value and capability, mending invisible wounds and connecting us to our deepest sense of purpose.



The Foundation of Presence: Prioritizing Men's Health

The Unspoken Burden: Historically, societal norms have often pressured men to suppress vulnerability, ignore pain, and prioritize strength and stoicism above all else. This can create an invisible burden, leading to neglected physical and mental health issues that subtly erode well-being and hinder true presence.

Health as a Prerequisite for Purpose: How can you genuinely show up for your loved ones, build a lasting legacy, or serve your community effectively if your own foundation—your physical vitality, mental clarity, and emotional resilience—is crumbling? Prioritizing men's health isn't selfish; it's a fundamental act of responsibility towards your purpose and those you care about.

Breaking the Silence: It's time to redefine strength not as invulnerability, but as the courage to acknowledge pain, seek help, and openly address mental health challenges like stress, anxiety, and depression. Emotional well-being is not a weakness; it is the bedrock of authentic connection and meaningful contribution.

The Ripple Effect of Well-being: When a man invests in his health—physically, mentally, and emotionally—the positive ripple effect extends far beyond himself. He becomes a more present partner, a more engaged parent, a more reliable friend, and a more effective leader, enhancing his ability to create a purposeful life and a meaningful legacy.

Activity - Guided Visualization: "The life you want to look back on"

1. Close your eyes and breathe deeply. Imagine yourself much, much later in life – perhaps 80, 90, or even 100 years old. You are looking back on your entire journey, seeing it from this distant, wise vantage point.
2. What memories bring you the most profound joy and pride? Is it a title you held, or a moment of genuine connection? Is it an achievement, or a kindness you extended?
3. Who are the people who illuminated your path, who believed in you, who stood by you? And just as importantly, how did you impact theirs? What did you give them? What problems did you help solve?
4. What mark did you leave on the world, not just through your accomplishments, but through your character, your love, your courage, and your unwavering commitment to connection and contribution? Allow yourself to truly feel the fulfillment of that vision.

Activity - Group Share: "One way I want to show up more fully for others"

Now, bringing that vision forward into today, share with the group one specific, tangible action or subtle shift you want to make to be more present, more supportive, or more genuinely giving in your relationships or within your community this month. Be specific. (e.g., "I will truly listen without interrupting to one family member each day," or "I will volunteer 2 hours at the local shelter," or "I will check in on a friend who has been quiet.")

Takeaway

Choose one way to contribute or give back this month.

Make a conscious, intentional decision to engage in an act of profound service or deep connection. This doesn't have to be monumental; it can be as simple as truly seeing someone who feels unseen, offering a listening ear without judgment, or expressing heartfelt gratitude.

Commit to this action. Write it down. Share it with an accountability partner. And then, observe what happens within you as you embody this choice. Notice how it impacts your sense of purpose, your well-being, and the quality of your life. This is where purpose truly comes alive.



Closing Quote & Reflection

"Let's close with a short grounding meditation to anchor everything we've explored today. You are invited to simply be—no pressure, no performance—just presence."



Books

On Values & Integrity in Relationships:

"The Gifts of Imperfection" – Brené Brown

- Core themes: Courage, compassion, connection, and authenticity.
- Great for both men and women learning to live from their values.

"Dare to Lead" – Brené Brown

- Explores vulnerability as courage, especially in leadership and tough conversations.
- Excellent framework for group discussions on values under pressure.

"The Four Agreements" – Don Miguel Ruiz

- Practical, spiritual principles for living with integrity and respect.
- Agreements: Be impeccable with your word, don't take things personally, don't make assumptions, always do your best.

"Man Enough: Undefined My Masculinity" – Justin Baldoni

- An honest, heartfelt look at emotional openness and redefining strength.
- Very relevant to the men's health segment.



Videos / Documentaries / Talks

- On Living Your Values:
Brené Brown – “The Power of Vulnerability” (TED Talk, 20 min)
Watch on YouTube
 - A game-changing talk on shame, courage, and authenticity.
- Brené Brown – “Listening to Shame” (TED, 20 min) Watch on YouTube
- Helps us understand the power of values in confronting difficult emotions.
- Simon Sinek – “Start with Why” (TED Talk, 18 min) Watch on YouTube
- Explores how purpose and values align to drive behavior and connection.



Websites / Online Resources

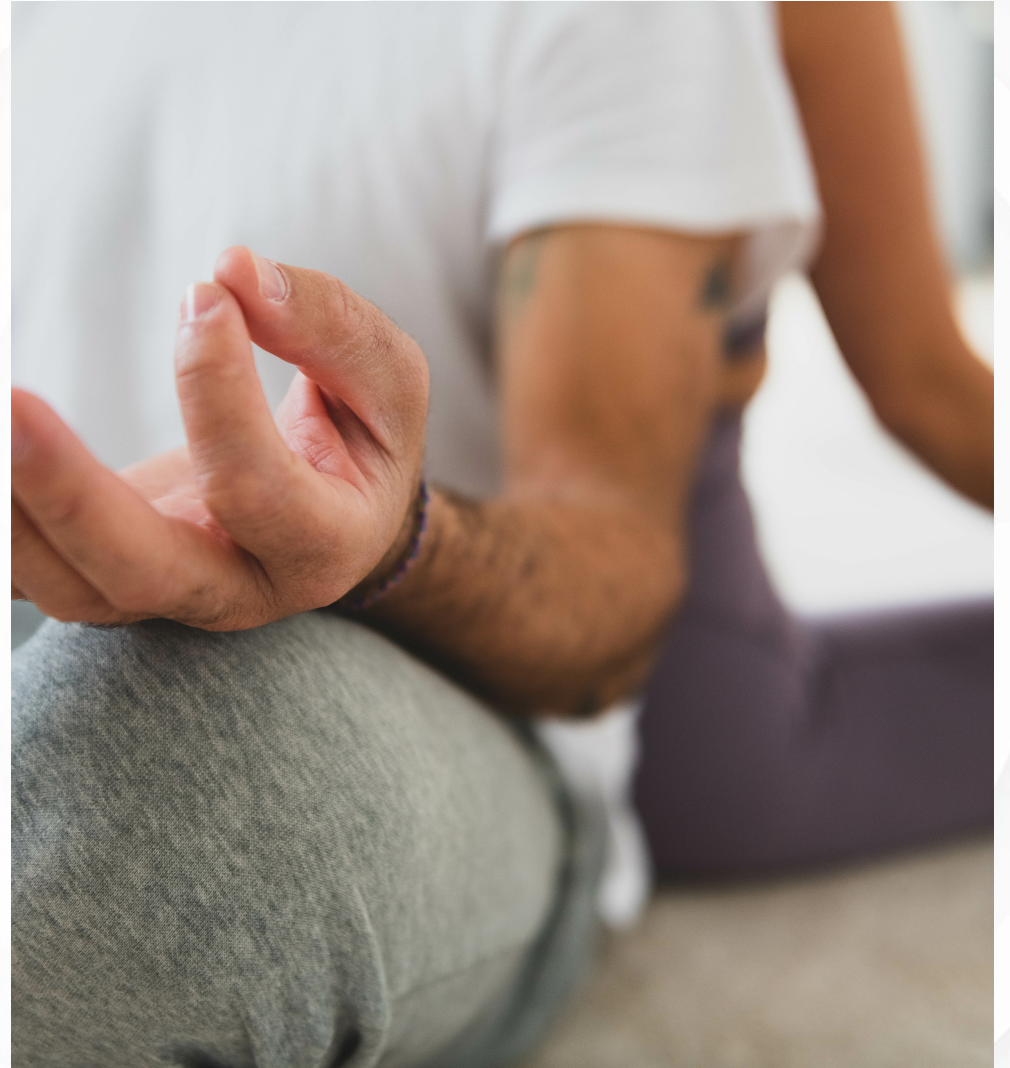
- Greater Good Science Center at UC Berkeley → fantastic articles and practices on empathy, connection, vulnerability
- Brené Brown's Dare to Lead Hub → great resources on vulnerability, connection, leadership
- ManKind Project → programs and resources for men building healthy relationships and authentic masculinity



Thank You & Q&A



Meditation



The background of the slide features a series of concentric circles in a light gray color, centered on the right side of the image. These circles create a subtle, abstract pattern that resembles a ripple effect or a target.

ProCare Rx

Conectados y Enraizados

Sesión 3: Valores que Fortalecen la Conexión

La conexión sin valores es como un barco sin timón

Guiar con integridad en tus relaciones

Si nuestras relaciones son el océano, entonces los valores son el timón. Sin ellos, navegamos a la deriva—reaccionando en lugar de liderar, sobreviviendo en lugar de prosperar

“La integridad es elegir el valor sobre la comodidad.”
– Brené Brown)



¿Qué valores guían tus interacciones?

Si te observara durante una semana y silenciara todas tus palabras, ¿qué dirían tus acciones sobre tus valores?

- Punto de Enseñanza:
- Los valores no son lo que decimos, sino lo que hacemos.
- En las relaciones, se manifiestan en cómo hablamos, escuchamos y respondemos.
- Ejemplos de Valores:
- Respeto
- Presencia
- Honestidad
- Compasión
- Jovialidad
- Lealtad



Conflicto, Honestidad y Respeto

Piensa en el conflicto como el fuego. Los valores son la diferencia entre que queme tu casa o que caliente tu hogar.

Piensa en un conflicto reciente: ¿Qué valor protegiste? ¿Qué valor abandonaste?

¿Qué haces cuando tus valores son desafiados?



Actividad: Reflexión sobre Valores Personales

- Elige tus 3 valores personales más importantes.
- Reflexiona: ¿Cuál de estos valores honro más? ¿Cuál descuido?

- Ejemplos para elegir:
- Integridad
- Compasión
- Alegría
- Valentía
- Fe
- Bienestar
- Paciencia
- Conexión

¿Con qué valor deseas liderar más a menudo?

Discusión en Grupo: Cuando los Valores se Desafían

- Preguntas:
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- ¿Puedes amar a alguien que no comparte tus valores más importantes?
- ¿Alguna vez has comprometido un valor para mantener la paz?
- ¿Cómo te vuelves a alinear después de desviarte?

Mensaje Principal:

"La integridad no significa ser perfecto. Significa estar consciente, alineado y dispuesto a corregir el rumbo."

Conclusión: Practica un valor con intención

No solo escribas tus valores en tu diario—
anótalos también en tu calendario.

- Reto:
- Elige UN valor.
- Define UNA acción esta semana que lo refleje.
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- Ejemplos:
- Valor: Paciencia → Acción: Respira profundamente tres veces antes de responder en un conflicto
- Valor: Salud → Acción: Programa tu chequeo anual



Libros

- Sobre valores e integridad en las relaciones:
- "Los dones de la imperfección" – Brené Brown
- Temas principales: Coraje, compasión, conexión y autenticidad.
- Ideal para hombres y mujeres que desean vivir según sus valores.
- "Atrévete a liderar" – Brené Brown
- Explora la vulnerabilidad como valentía, especialmente en liderazgo y conversaciones difíciles.
- Excelente marco para discusiones grupales sobre valores bajo presión.
- "Los cuatro acuerdos" – Don Miguel Ruiz
- Principios prácticos y espirituales para vivir con integridad y respeto.
- Acuerdos: Sé impecable con tus palabras, no te tomes las cosas personalmente, no hagas suposiciones, siempre haz tu mejor esfuerzo.
- "Suficientemente hombre: Redefiniendo mi masculinidad" – Justin Baldoni
- Una mirada honesta y sincera a la apertura emocional y la redefinición de la fortaleza.
- Muy relevante para el segmento de salud masculina.



Vídeos / Documentales / Charlas

- Sobre Vivir Tus Valores:
- Brené Brown – “El Poder de la Vulnerabilidad” (Charla TED, 20 min) Ver en YouTube
- Una charla transformadora sobre la vergüenza, el coraje y la autenticidad.
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- Brené Brown – “Escuchando la Vergüenza” (TED, 20 min) Ver en YouTube
- Nos ayuda a comprender el poder de los valores al enfrentar emociones difíciles.
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- Simon Sinek – “Empieza con el Porqué” (Charla TED, 18 min) Ver en YouTube
- Explora cómo el propósito y los valores se alinean para impulsar el comportamiento y la conexión.



Sitios web / Recursos en línea

- Greater Good Science Center en UC Berkeley → artículos y prácticas fantásticas sobre empatía, conexión, vulnerabilidad
- Dare to Lead Hub de Brené Brown → excelentes recursos sobre vulnerabilidad, conexión, liderazgo
- ManKind Project → programas y recursos para hombres que buscan construir relaciones saludables y una masculinidad auténtica



Gracias y sesión de preguntas



Meditación

