



Incitamentum

Workshop: Being a Man in 2026*

Date: 26 June 2026

Time: 09.00 – 17.00 hrs

Location: still to be determined

Trainers: Jeannette van Dongen and Marco Bout

About the training:

Manhood and masculinity have changed. Men once wore wigs and tight tights, today you would be laughed at for it. Powdering your face? Being tough, a solid workout, being good at sports and physical activity, it is an image you see a lot these days. A great deal is expected of you in these times. Fatherhood, being wildly attractive, handy, able to communicate well and share emotions, the pressure is high. At work you have to be careful about what you say and what you do. What does this mean for you as a man? Can you be yourself, or are you being forced into a mould? The workshop Being a Man in 2026 is an exploration of authenticity and freedom. Really a gift to yourself as a man.

Costs:

The training costs **€550 excl. VAT incl. lunch and refreshments and 1 coaching session** with an early bird booking before **3 April**. After that the cost is **€585 excl. VAT incl. lunch and refreshments and 1 coaching session**.

Interested?

If you have questions of if you would like to sign up please contact Tanéa Tajiri at info@incitamentum.com

*This training is exclusively open to men.

