

INTRODUCING

THE INTEGRATED MAN

BALANCED • PRESENT • WHOLE

A structured small-group program for men ready to close the gap between who they are and who they've drifted into being.

Applications open · Cohort 1 — Fall 2026

STELLAR LIFE COACHING

THE INTEGRATED MAN

BALANCED • PRESENT • WHOLE

WHY THIS WORK

The gap isn't who you are.

It's how far you've drifted from yourself.

Most men don't notice the distance until it's already wide.


THE INTEGRATED MAN
BALANCED • PRESENT • WHOLE
THE PROMISE
The people in your life don't want a different version of you.
They want you.
Your actual thoughts. Your real feelings.
Your genuine presence.
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The Program

Two containers. One Monday evening a week.

01 **THE INNER WORK**
Emotional Intelligence + Accountability
14 WEEKS

02 **THE RELATIONAL WORK**
Repair + Communication
14 WEEKS

Mondays, 6–8pm · In person and virtual

GROUNDED IN RESEARCH · BUILT TO BE PRACTICED

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What got me here won't get me there.

The old "put your head down and plow through" mentality doesn't work when empathy and understanding take precedence.

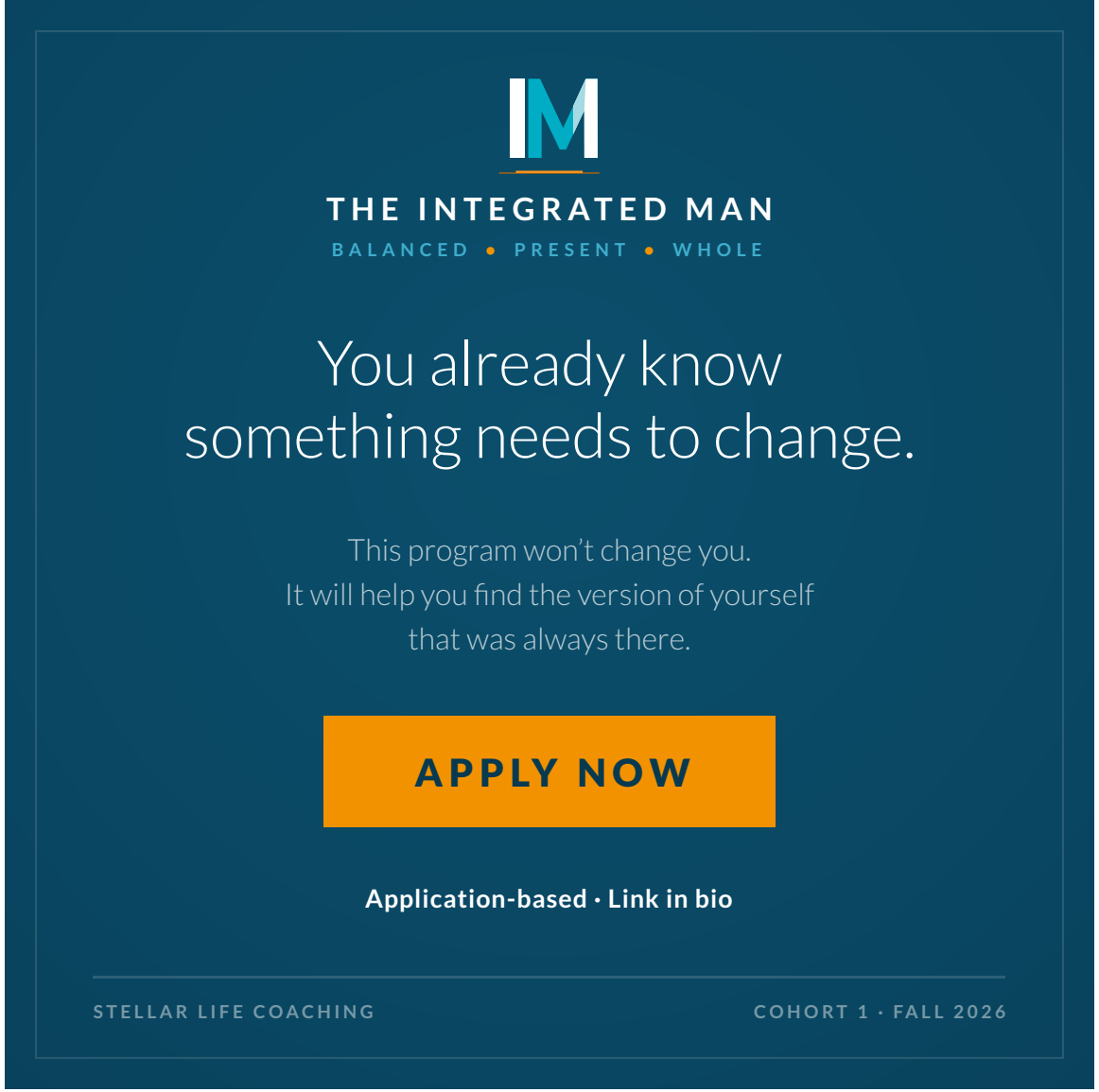
STEVE

VP, Business Development

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THE INTEGRATED MAN
BALANCED • PRESENT • WHOLE
FOUNDING MEMBERS
First five
accepted.
FULL PROGRAM · 28 WEEKS
$1,400
~~$1,597~~ standard
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THE INTEGRATED MAN
BALANCED • PRESENT • WHOLE
You already know
something needs to change.
This program won't change you.
It will help you find the version of yourself
that was always there.
APPLY NOW
Application-based · Link in bio
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NOW ENROLLING

THE INTEGRATED MAN

BALANCED • PRESENT • WHOLE

Twenty-eight weeks of structured group work
for men who are competent everywhere except
the places that matter most.

Eight seats · Cohort 1 — Fall 2026

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THE INTEGRATED MAN

BALANCED • PRESENT • WHOLE

WHY THIS WORK

No one taught you how to do this.

So you learned to perform instead.

Competence at work does not transfer to the people who live with you. It is a different skill set, and it can be learned.



THE INTEGRATED MAN

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THE PROMISE

You can be in the room
and still be gone.

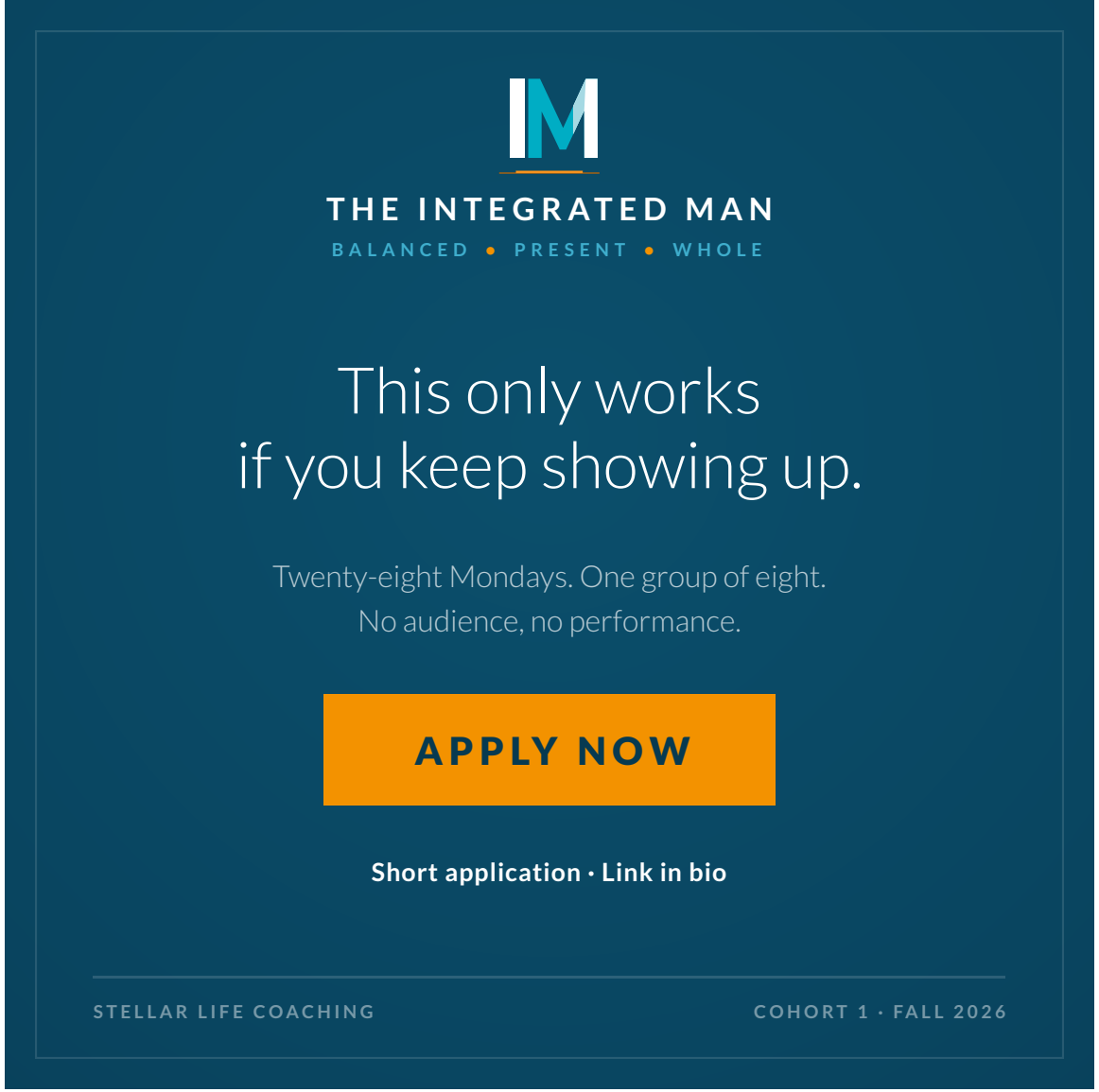
Presence is a skill.

It can be taught. It can be practiced.
It can be rebuilt.

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THE INTEGRATED MAN
BALANCED • PRESENT • WHOLE
COHORT 1 · APPLICATIONS OPEN
Eight men.
Twenty-eight weeks.
The small group is not the format. It is the intervention.
FOUNDING RATE
$1,400
$1,597 standard
STELLAR LIFE COACHING
COHORT 1 · FALL 2026


THE INTEGRATED MAN
BALANCED • PRESENT • WHOLE
This only works
if you keep showing up.
Twenty-eight Mondays. One group of eight.
No audience, no performance.
APPLY NOW
Short application · Link in bio
STELLAR LIFE COACHING
COHORT 1 · FALL 2026