Man Cave 2015

A **man cave** is a male [sanctuary](http://en.wikipedia.org/wiki/Sanctuary), where guys can retreat to be alone, away from women and female expectations, to indulge in hobbies and to hang out with male friends. It is a male-only space to retreat to watch sports or play games. A man cave can provide refuge from stressful surroundings and be beneficial to a man’s holistic health as the atmosphere is more relaxed; a place where "no one is going to make you watch your p's and q's" or ask you to explain yourself". What occurs in a man cave is really an expression of who men really are. Man Cave 2015 is all about men establishing an identity for men and inspiring men to become better men.



Guest speakers include John Gilbert of St. Croix who will facilitate the session on Cave Dwellings and Coming Out, Russ Gardiner of Miami Florida on Management from the Inside Out, Dr. Robert M. Wright on Personality Patterns that Set the Tone and Devon Penn of Tortola on Finally Freedom.

All men are invited to Man Cave. At the Training Division Conference Room on the 1st floor of the Betito Frett Building, Road Town, Tortola on Saturday June 13th from 9a.m. – 4p.m. and The Catholic Community Centre in The Valley Virgin, Gorda on Monday June 15th from 5p.m. – 9p.m.