

Six young men who feel lost and behind.
Ninety days later, they know where they're going
and how to get there.

A Stoic-based leadership program for organizations serving young men 18 to 24, built for the person who has to bring this to a director or board.

WHO THIS IS FOR

Designed for organizations already working with young men in this age range and looking for a structured framework, not another one-day event: JROTC units, Boys & Girls Clubs, athletic programs, veteran-transition organizations, community colleges, and trade schools. Participants must be 18 to 24. Below 18, this program is not the right fit; refer to a licensed adolescent provider instead.

WHAT THIS IS

A 90-day cohort coaching program for six young men. Not a workshop. Not a one-day event. A structured, ongoing program built on Stoic philosophy that gives participants a framework for taking ownership of their lives and moving with direction.

The organization invests in the program. The young men do the work. Both walk away with something real to show for it.

LEARNING OBJECTIVES

- Distinguish what a participant controls from what he doesn't, and apply that distinction to a real decision under real pressure
- Identify ego-driven decisions before acting on them
- Build a daily structure that holds without depending on motivation
- Practice stating a specific commitment publicly and being accountable for it in front of peers
- Leave the program with a named, specific plan for what he's building next, not just better habits

PROGRAM ARC & SAMPLE TIMELINE

1. **Session 1 (Week 1): Intake & Foundation.** Baseline for the group. The dichotomy of control introduced and applied.
2. **Session 2 (Week 3): The Obstacle.** Reframing what's in the way as what builds them. Month 1 closes.
3. **Session 3 (Week 5): Ego.** What's driving decisions that isn't actually the participant.
4. **Session 4 (Week 7): Discipline.** Daily structure that holds without motivation. Month 2 closes.
5. **Session 5 (Week 9): Stillness.** Getting quiet enough to think clearly instead of reacting.
6. **Session 6 (Week 11): Integration.** Naming what each man is building. Program closes with a real plan, not just habits.
7. **Week 15: 30-day group check-in.** Follow-up session after the program ends.

INVESTMENT

Without 1:1s

\$1,800 / month

3-month minimum | \$5,400 total

Group sessions only

With 1:1s

\$2,500 / month

3-month minimum | \$7,500 total

Group sessions plus monthly individual 1:1 per member

Both tiers include all books, journals, reflection guides, and monthly progress reporting to your organization. Six participants per cohort is fixed, not sold per-seat.

MEASUREMENT & REPORTING

Your organizational contact receives a written progress summary each month and a 30-day group check-in after the program closes. Every session's commitment is logged per participant, so progress is tracked man-by-man, not just as a group impression.

SCOPE & SAFETY

This is coaching, not clinical treatment. Kyle is not a licensed therapist or counselor, and the program does not diagnose or treat mental health conditions. If a participant discloses self-harm, harm to others, suicidal ideation, abuse, or substance dependency, that participant is referred to the appropriate resource immediately and your organizational contact is notified. That protocol is set with you before Session 1, not improvised.

Professional liability insurance is being evaluated as the program scales past its current pilot stage; current coverage status is disclosed on request before any agreement is signed.

WHAT EVERY TIER INCLUDES

- 6 group coaching sessions over 90 days (75 min each, biweekly)
- Six participants per cohort
- Personalized weekly reflection guide per member
- Three books per member shipped before Session 1
- Personal journal per member
- Monthly written progress summary to your org contact
- 30-day group check-in after the program ends

WITH 1:1S TIER ADDS

- Monthly 30-minute individual session per member
- Private check-in for what each man will not say in the group
- Deeper individual accountability between group sessions

HOW IT WORKS

Every session opens the same way. Each man reports on the commitment he made at the previous session. In front of the group. No exceptions. Every session closes the same way. Each man states one specific thing he is going to do before they meet again. Everyone hears everyone's commitment.

That accountability loop, repeated in front of five other men over 90 days, is what makes this different from anything else your participants have been through.

ABOUT KYLE LOFTIN

22 years of active duty military leadership, culminating in the highest enlisted leadership position available. Coach of an 18U competitive travel baseball team. Husband and father of six. M.S. in Transformational Leadership in progress, University of Maryland Global Campus.

Kyle built The Humble Forge because the young men he led and coached did not need more information. They needed direction, structure, and someone who held them accountable until they could hold themselves accountable.

REFERENCES

The Humble Forge is early in its organizational partnerships. Individual coaching references and a client testimonial are available on request; the first organizational cohort report will be shared with future prospective partners once complete.

HOW TO START

A 30-minute conversation to talk through your organization's needs and whether this is the right fit. No commitment required. If it makes sense, we build a plan and get started.

Reach out to get that conversation on the calendar.

THE HUMBLE FORGE

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SCAN TO SAVE CONTACT

All coaching activities and content are conducted independently and do not represent the United States military or the Department of Defense.