

Mac Scotty McGregor

SPEAKER



GENDER SENSEI



AUTHOR



Contact Mac's Speaker Team to book
Mac Scotty McGregor for your next event!

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MAC SCOTTY MCGREGOR

Mac McGregor – the “Gender Sensei” – is a speaker who works to educate and train various corporations, colleges, and groups on topics concerning diversity, gender, healthy masculinity and being true to themselves. He is a dedicated, heartfelt activist and educator who focuses every part of his existence on creating a world where people can feel free to be their authentic selves.

He has been a keynote speaker at many events including Mayo Clinic, and many colleges, organizations, and conferences. This includes the University of Washington where he is a guest instructor each semester who discusses the complexities of gender, transgender, and gender non-conforming. Mac has also made appearances on Ripley’s Believe it or Not, The Learning Channel, The Discovery Channel, the 700 Club, Univision, People Magazine, and many more. He also writes for the Huffington Post, The Good Men Project, Seattle Gay News, Unite Magazine and other publications.

Mac’s experience prior to transition was that of a successful female athlete, champion competitor, and business owner. This experience shaped him to become a guiding figure for women’s rights, specifically closing the pay gap and providing equal opportunity for those that are gender variant. He was a former US karate team member, inducted into the Martial Arts Hall of

Fame as a competitor and as Master Teacher. He has extensive training in conflict resolution and arbitration through being a certified coach and referee through the AAU and U.S. Olympic committee.

The mayor appointed Mac as a Seattle City Commissioner in 2011 and he served until 2016. Mac is on the Washington state council for PFLAG and on the Seattle Police Department LGBT advisory board. Here, he developed policy and training around dealing with the transgender community, which has been used by the US Border Patrol. He continuously speaks on panels and solo at numerous colleges, non-profit groups, and state and city governments on gender & sexuality. Mac teaches community Self-Defense to empower all people on a donation basis so that all have access. He is currently the Co-Chair of the Seattle Renter’s Commission appointed by the Seattle City Council.

He is also a multimedia talk show host of “The You Can Make a Difference Show” on Rainier Avenue Radio. In 2017 Mac ran for Seattle City Council and was the first transgender person ever to be on a ballot in Washington State. Mac is the Founder and Executive Director of “Positive Masculinity”, a nonprofit that works to dismantle toxic masculinity and helps masculine people work to create a healthier model of masculinity for all people.



AVAILABLE WORKSHOPS

The Man Box + The Man Mask

Commonly taught together, these two workshops aim to teach attendees tools they can use in their everyday lives in order to embrace a positive model of masculinity.

Positive Masculinity for Masculine Teens

Aimed towards 13 to 17 year old masculine-identifying people, this interactive workshop helps steer attendees towards a healthy form of masculinity, by helping them learn how to express their own masculinity and how to share this positive model with the world.

Masculinity Can Include Vulnerability

This workshop aims to dismantle the philosophy that masculine vulnerability is weak and feminine, by pushing attendees to embrace their vulnerability in order to build stronger relationships and be more genuine with themselves and their loved ones.

Being a Masculine Feminist

In this workshop, attendees dive into the micro and macro of how to be a thoughtful, effective masculine feminist; learning how to express themselves in a healthy and respectful way; breaking out of toxic social conditioning; and being an example to other masculine folks.

Tradition, Toxic Masculinity, and the Queer Community

In this workshop, attendees will look within themselves and reflect on unconscious biases towards the spectrum of gender and sexuality as a result of societal toxic masculinity. This workshop aims to find ways to heal, convey a message of inclusivity to the world, and move forward in a healthy way that allows growth.

Creating Healthy Masculine Friendships:

This workshop examines the current issue of a "friendship recession", which encompasses how masculine-identifying people often receive little emotional support from their masculine friends and lack vulnerability in their relationships. Attendees work to push themselves past this obstacle and embrace their masculinity and vulnerability in their friendships in order to live healthier lives.

FREQUENTLY ASKED QUESTIONS



Q. What is “positive masculinity”?

Positive masculinity is when men display sensitivity, emotional intelligence, and moral courage instead of traits like stoicism and a lack of emotion. The goal of positive masculinity is to promote the re-thinking of what it means to be “masculine” and abandon dated ideas of masculinity.

Q. How does one embrace their masculinity in a positive way?

There are many ways to positively embrace masculinity, whether it be showing emotionality in leadership, or allowing loved ones to confide in you. Positive masculinity is not ignoring those in need of help; it’s empowering said people, showing them and yourself that their struggles are indeed universal.

Q. Why is positive masculinity critical for today’s society?

Men are taught early on that they must avoid being “weak,” “shy,” and “emotional” to be manly, leading them to embrace a toxic view of manhood. More than ever, it’s essential to focus on what men can do to champion healthy masculine behaviors in their personal lives and their communities.

Q. Are you trying to make my masculinity away or make me less of a man by doing this?

Of course not! If anything, our goal is to help make you MORE of a man through uplifting means that depart from toxic perceptions of what masculinity ought to be.

Q. Are you saying that my masculinity is negative?

No, your masculinity is WONDERFUL and should be held on to. However, acknowledging how problematic toxic notions of manhood can be is a great first step in helping YOU maintain your masculinity.

Q. Why do you use “pink” in a masculine logo?

Pink embodies the traits of an ideal positive masculine model—passion, kindness, understanding, and loving. Without any of these four, positive masculinity simply cannot be positive.

Q. Why are people beating up on men and manhood all of a sudden?

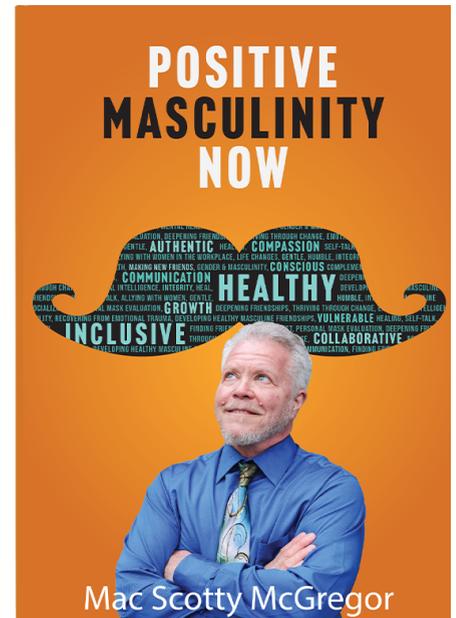
People are not taking a stand against all men or manhood; they’re taking a stand against aspects of toxic masculinity that have held men back. Society’s blueprint of masculinity is far from the only path, and we want men to know there are other positive paths to manhood.

POSITIVE MASCULINITY NOW!

This new book is a #1 Amazon New Release in multiple categories; gender studies, men's health, anthropology, and LGBTQ+ .

It is a must-read for anyone looking to reinforce a healthy lifestyle by breaking out of traditional gender molds.

Mac McGregor's new book, *Positive Masculinity Now*, takes a deep dive into gender expectations, socialization, and messaging. Readers will discover different ways to create deep meaningful connections through this guide, free from masks and restrictive thinking. They will also learn the importance of breaking free from traditional gender models to create healthy relationships, careers, friendships, and self-images. Once practiced, these strategies will reinforce a fulfilling life full of growth, curiosity, and expansion in all interactions.



Positive Masculinity Now was released for Kindle on May 31st and will be available in print via Amazon starting June 7th.

“Through our stories, we can help other people realize how trying to conform to these strict ideals simply doesn't work. We can hope to one day broaden people's views on gender and help them understand it's all a spectrum.”

Mac Scotty McGregor, author of Positive Masculinity Now (Ch. 13)

“Positive Masculinity Now provides a fresh perspective that concerns the cultural forces that force men to internalize toxic and dysfunctional masculine ideals. In very concrete terms, McGregor teases apart the emotional and behavioral consequences of toxic masculinity while describing their role in fueling everything from misogyny and rape culture to heteronormativity, homophobia, and transphobia throughout multiple channels in society. McGregor then lays out a path forward that encourages healing and growth and that forces the reader to reconsider the fundamental question of what it means to be a man.”

Dr. Nicole K. McNichols, Ph.D.

Associate Teaching Professor, University of Washington

Understanding how the narrow molds of gender socialization have limited everyone is critical for people to be true to themselves and live responsibly in the world. Through conscious exploration guided by *Positive Masculinity Now*, all can learn to make empowering decisions that create a more inclusive model of masculinity that supports communication, intimacy, and authenticity within.

For further information, please contact Communications Specialist Hailey Khetan at pmasculinitycomms@gmail.com or positivemasculinity1@gmail.com.