



“Out of all the sports psychologist I’ve been to and the doctors appointment to try and fix my head, your story and interactional speech was all I needed to hear. Your motivational words were what made me get back out there and compete again. By the way Glen, I won silver!! I was calm and relaxed and I honestly can’t believe I wasn’t in a panicked, stressed state like I used to be. Thank you Glen.”

YEAR 11 STUDENT



OUR MISSION

The HopeFull Institute delivers solutions for the whole school community through powerful seminars that shift individual thinking and inspire audiences to navigate the disruption and complexity of modern society.

Each of our programs is research-based and draws on the breadth and depth of Glen Gerreyn’s experiences over the past 20 years. The programs are geared around supporting your schools existing wellbeing programs and enriching the lives of people in your school community. Whether you choose to book one seminar, or the full broader program offer, what sits at the heart of every single one of our sessions is an ability to stir and to awaken individual purpose and hope through provocations that shift perceptions, mindsets and focus.



Glen knows how to communicate and instill hope.

Glen has an extraordinary ability to command the attention of thousands, while deeply affecting individuals. He's sparked hope in over a million people around the world over the past 20 years.

His cultural relevance and provocative style shift individual thinking and cut through the complexity of modern life. Years after hearing Glen speak, young people frequently comment on the impact he has on their lives.

“Glen! Your talk was outstanding! I spent tonight reading through the feedback forms and you moved a lot of people. You have a gift and your message and mission is changing lives.”

HIGH SCHOOL TEACHER

“You spoke to my year group yesterday and last night I went and bought a vision board, I unfollowed 11 people, started the character strength test and signed up for an audition for an acting role. You have inspired me to keep studying and follow my dreams and I couldn’t of done it without you.”

YEAR 11 STUDENT

“WOW! I though having heard Glen talk many times before that I was expecting I would hear the same sort of presentation again yesterday. But.... It was an amazing talk even for me. Glen, your messages are so powerful and you really hit the girls hard with the idea that they have to take responsibility for themselves on their journey through life. You have so much to give and you had the girls in the palm of your hand for 1 hour and 45 minutes and hardly took a breath. Thank you, thank you, thank you again for developing such a powerful, relevant and deeply meaningful presentation.”

HEAD OF YEAR 11

“Just wanted to pass on that I had all 180 students here at VGHS evaluate the sessions we had at our school over Term 1. In total we had 10 sessions run with different presenters on a range of topics. All 180 of our students rated Glen’s presentation as a 10/10 and were extremely positive in their comments. They absolutely loved his presentation and were so inspired after his speech. (NB: no other session received as high ratings or comments as Glen’s) Thank you for a wonderful and inspiring presentation. I am thankful that Glen has been able to speak at our school over the last few years and look forward to the many more years to come”

HEAD TEACHER WELLBEING

“I just wanted to touch base and say a very big thank you for organising Glen’s visit yesterday. Today the whole College was simply buzzing with praise and gratitude for Glen’s words of hope and motivation. I have so much positive feedback from students, staff and parents.”

HEAD OF SENIOR SCHOOL

“Thank you so much for visiting Scots College today. As you knew before me – my son spent the afternoon cleaning up his room in readiness for Years 11 & 12. I have never seen him talk so animatedly about a guest speaker to the school before and those boys have been extremely fortunate to be visited by a great range of inspiring visitors over the years. It was not that long ago when he did not even want to be here anymore and he was just living one day at a time. Now I see this boy really excited about the subjects he has chosen and the goals he wants to achieve academically in the next couple of years which is amazing. Your words really rang true with him in how he can best go about these aims in a very practical way. Sincerest thanks again.”

PARENT, THE SCOTS COLLEGE, SYDNEY NSW

Day of Hope

THRIVING IN A COMPLEX WORLD

TIME 5 HRS
COST \$4000
FOR SCHOOL YRS 10—12, TERTIARY

Context

Young people are living and inheriting an increasingly complex world — socially, environmentally and politically. It's a world that causes many to flounder — drifting away from their true identity, forgetting their purpose, and being blinded by societal pressures and fears.

The Shift

Day of Hope provides knowledge and understanding that form the foundation on which students can build a hope filled future. It develops an understanding of the effects that external influences and personal cognitions have on the individual. By encouraging critical thinking, Glen provokes students to counteract negativity and make informed, healthy choices.

There are three modules in this seminar:

THE POWER OF PURPOSE encourages students to consider and take decisive action on who they are, why they are here and where they are going.

JAILBREAK explores how to transform our limiting beliefs to help maximise our wellbeing.

UNSTOPPABLE helps students develop a resilient and robust view to life, it emboldens students with both courage and hope to withstand life's inevitable challenges.



SHORTER OPTIONS

These are suitable for those with little time and include younger students.

Hope Accelerated

TIME 3 HRS
COST \$3000

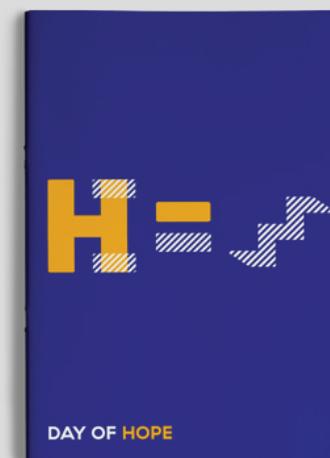
FOR SCHOOL YRS 9—12,
TERTIARY

Hope Express

TIME 1 HR
COST \$2000

FOR SCHOOL YRS 7—12,

THIS SEMINAR HAS
A WORKBOOK



Brilliant Young Mind

LEARNING IN THE AGE OF DIGITAL DISRUPTION

TIME 2.5 HRS
COST \$3000
FOR SCHOOL YRS 10—12, TERTIARY

Context

The seminar gives students an understanding of what successful study encompasses and how it can be achieved in a modern digital context. Students develop a greater awareness of the internal and external factors, that impact study and one's education. Glen guides students on how to modify their attitudes and beliefs to achieve better results and greater satisfaction.

The Shift

Students are equipped with practical skills that enable them to effectively prioritize and manage their time, reduce fears of failure, combat stress, develop a growth mindset, trigger flow and become mindful. Students are given organisational tools that can be immediately implemented for more effective learning and exam preparation. Students who experience Brilliant Young Mind leave the seminar with a greater level of confidence and a sense of determination to develop grit in order to reach their educational ambitions.

Students who have experienced Brilliant Young Mind have raved about the relevance, vitality, and effectiveness of this program.



SHORTER OPTION

Suitable for year 9 and older groups with less time.

Brilliant Young Mind Express

TIME 1 HR
COST \$2000
FOR SCHOOL YRS 9—12, TERTIARY

THIS SEMINAR HAS
A WORKBOOK



Men of Honour

MALE BY BIRTH. MAN BY CHOICE.

TIME 2 HRS
COST \$3000
FOR MALE SCHOOL YRS 9–12, MALE TERTIARY

Context

Coming of age is tough. Boys today must negotiate a very complex landscape of masculinity and determine how to become the man they want to be with little open and safe support to discuss their feelings and desires.

The Shift

Men are not at the mercy of their bodies and hormones. It is essential that they are provided with the information to empower them to take control and make good decisions. This seminar creates a safe and open environment where students can hear answers to the tough questions that all young men have on their minds, but are frequently unable to ask. A humorous, frank and boys-only program that gets straight to the centre of the issue surrounding boys and and respectful relationships.

Men of Honour highlights the power of an individual's choice in the areas of exercise, nutrition, money and sex. It discusses the portrayal of men in the media and the subsequent affects on male identity and behaviour. With sexual behaviour being one of the most important decisions for young men, Men of Honour provides an opportunity for them to make life-changing decisions now.

Glen tackles difficult issues head-on, including:
RESPECTFUL RELATIONSHIPS
PORNOGRAPHY
NUTRITION
THE ROLE OF MENTORS



SHORTER OPTION

This condensed curriculum for Men of Honour is suitable for younger students and older year levels with less time.

Men of Honour Express

TIME 1 HR
COST \$2000

FOR MALE SCHOOL YRS
7–12, MALE TERTIARY

**THIS SEMINAR HAS
A WORKBOOK**



Addiction

KICK THE HABIT

TIME 1 HR
COST \$2000
FOR SCHOOL YRS 9—12, TERTIARY

Context

Addiction can affect any one of us — in a number of ways. From substance abuse to online gaming, young people today need strength to understand how addiction works and be empowered to make healthy decisions.

The Shift

An interactive, relevant and contemporary presentation on the nature and process of addiction including examples of computer usage, video games, smartphones, toxic relationships, eating disorders and many more. Because we all have the potential to be addicted to something, Addiction addresses the psychological effects of addiction rather than just the physical attributes of chemical substances.

The seminar educates students on the four psychological effects of addiction; experimentation, misuse, fixation and dependency. Students are shown the emotional states associated with each stage and the behaviour characteristics that accompany them. This gives students a realistic and 'everyday' understanding on how easily addiction can progress from one stage to the next.

Students are then empowered to critically think about their core values that will and do drive them when confronted with risk taking choices. At the conclusion of the module, Glen prompts participants to make a decision in relation to their future behaviours. This leaves them with a real-life plan for approaching risky situations.



THIS SEMINAR HAS
A WORKBOOK



Positive Parenting

BUILDING BETTER FAMILIES

TIME 1 HR
COST \$2000
FOR PARENTS

As a father of four, Glen understands first-hand how parenting can indeed be one of the toughest jobs in the world. He also knows how rewarding it is to see one's children growing up feeling loved, assured and closely bonded with their parents. In this one hour seminar, Glen shares the five fundamental positive parenting tools, based on positive psychology research. You'll leave feeling equipped with the skills to better connect with your children and to empower them to tackle a complex world.

Game Over

DISCONNECTING OUR KIDS

TIME 1 HR
COST \$2000
FOR PARENTS

This interactive and contemporary presentation for parents helps build their understanding of online gaming addiction among young people. This seminar discusses the drivers and stages of online gaming addiction with a focus on how addiction affects young people's psychological and emotional well-being. Parents leave feeling informed and prepared to help their children create healthy online habits.



Face time with Dad

DELIVERING ON PROMISES

TIME 1 HR
COST \$2000
FOR FATHERS, SONS & DAUGHTERS YRS 9—12

Face time with Dad presents the challenges that fathers and their children face in the home throughout the adolescent years and helps participants to begin to appreciate that such challenges provide unique opportunities for personal and familial growth. This seminar provides a shared experience for fathers and their teens. By talking with one another during the session with Glen's guidance, participants develop a greater understanding of one another and learn communication skills to build a more meaningful relationship.

The Mental Athlete

BOOTCAMP FOR YOUR BRAIN

TIME 1 HR
COST \$2000
FOR SCHOOL YRS 9—12

Glen's high-level athletic background, sporting expertise and his ability to motivate young people provides the perfect ingredients to give sporting teams their winning edge. This seminar discusses the areas of mental discipline that most important to athletes. The Mental Athlete provides a forum for athletes to discuss their self-motivations, issues of procrastination, fear of failure and fear of success, performing under pressure and techniques for mental focus in a safe space among peers.



The Leadership Effect

LEAD, PEOPLE ARE FOLLOWING

TIME 1 HR
COST \$2000
FOR SCHOOL YRS 11 & 12

Whilst some of us possess inbuilt leadership traits, we can all, and should all, learn to be better leaders so we can positively impact the world around us. We all have the potential to make our mark and better the lives of others but many of us don't know how. The Leadership Effect fortifies both inherent and learned leadership abilities of young people, thereby inspiring action and social change.



Start a Revolution

CREATING PERSONAL CHANGE

TIME 1 HR
COST \$2000
FOR SCHOOL YRS 7–12, TERTIARY

This seminar empowers students to have a positive and meaningful effect. The very act of envisioning a better future can in itself initiate change. Start A Revolution will use Glen's years of empowering schools to inspire individuals to start a personal revolution — to take the road less travelled, challenge themselves to be better, and achieve goals they never dreamed possible.

Power Talk

SELF-TALK THAT INSPIRES

TIME 1 HR
COST \$2000
FOR SCHOOL YRS 7–12

Did you know that you have 1,200 words a minute bouncing around in your head? This seminar explores how what we say and think creates the world we live in. Positive self-talk can powerfully impact our life and studies show that we have the power to change our reality through positive perceptions. Using Glen's wealth of experience in this area, Power Talk empowers young people to questions their negative thoughts and turn self-doubt into self-belief.



Gifted for Greatness

UNLOCKING POTENTIAL

TIME 30—45 MINS
COST \$2000
FOR SCHOOL YRS K—6

Every child needs to know they have a gift. The younger they understand this universal truth the greater the potential impact will be on their future. We must show and teach them that their talents must be developed through a positive work ethic. Gifted for Greatness communicates principles of potential and self-belief in a way every child can grasp. By outlining the innate power of the individual, this seminar inspires participants to develop goals and dreams to propel them towards fulfilling their passions.

The HopeFull High School

CULTIVATING POSITIVE CULTURE

TIME 1 HR
COST \$2000
FOR HIGH SCHOOL STAFF

We naturally mimic the expressions and moods of the people around us with studies showing it only takes one person with a negative or positive mood to infect or affect the rest of the group. The result of this is even more prominent in teachers, who because of their influential position can alter an atmosphere in as little as seven minutes. This seminar uncovers how your mood, persona and attitudes influence the courage in the rooms you walk into and the outcomes for those in your reach.



“10 years since Glen came to visit my school and I still remember his wise words like it was today. Inspiration!”

FORMER STUDENT

BOOKINGS & INFORMATION



VISIT

thehopefullinstitute.com



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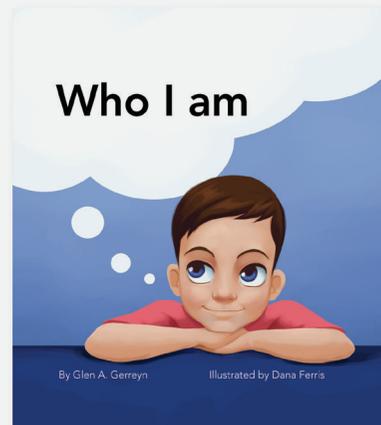
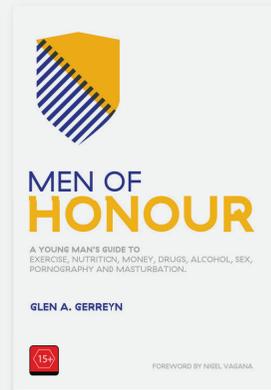
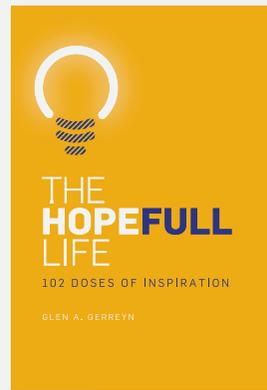
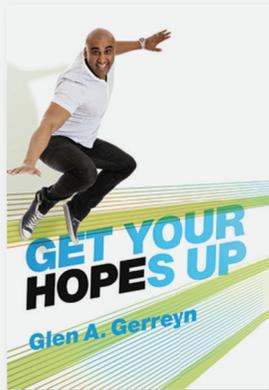
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