The HopeFull Institute

TERM REPORT

APRIL 2023

DIRECTORS NOTE

Term 1 of 2023 has been our biggest term on record. It has been so wonderful to travel between states and schools without restrictions and to have far fewer interruptions caused by COVID.

This year, we will be sharing a report at the end of each term, to let you know what we are up to and share the latest tools to help your school and students flourish.

Wishing you the best for Term 2!



Glen Gerreyn

I love hearing from students, but it really means the world to me when parents chime in as well:



"You don't know me, but the words you have spoken have directly impacted myself and my daughter's life and for that I am grateful. Yesterday you attended Aloysius College and gave a talk that directly connected with my daughter. This year my beautiful 16-year-old daughter lost her way. She became sad and depressed she described herself as 'being hollow inside'. She had lost the ability to see the beauty of the world and the beauty inside. Being 16 is hard in today's modern world, perhaps made harder when you're expected to perform a certain way, deal with boys, peers, influencers, SACE and work out what you want to do in life when you leave school. Thank you so much for helping my daughter to reconnect with the beautiful person she is and move forward in a positive environment. Thank you for helping me as a mum deal with this situation. YOU are the medicine that makes people better and for that I am grateful. Thank you again."

Parent, St Aloysius College, SA

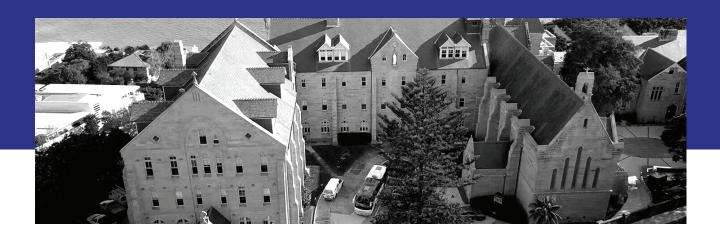
WHERE WE WENT

Citipointe Christian
College
King's Baptist Grammar
School
Carey Baptist Grammar
School
University Senior
College
Ruyton Girls' School
Kincoppal-Rose Bay
School
Guildford Grammar
School
Cecil Hill High School

Trinity College
Loreto Kirribilli
Carmel College
Frensham School
Redlands College
Gilroy Catholic College
Geelong Grammar
School
Daramalan College
Arndell Anglican
College
Ipswich Girls Grammar
Unity College
Maitland Christian
School

Wesley College
St Rita's College
Cardijn College
Loreto Marryatville
Brisbane Grammar
Arden Anglican School
Loyola College
Faith Lutheran College
Downlands College
St Luke's Anglican
School
Wenona School
St Augustine's College
Marian Catholic College

Penrith Anglican School Mercy Catholic College Freeman Catholic College Sacred Heart College St Aloysius College Pembroke School St Ignatius College Burgmann Anglican All Hallows School Hills Adventist School John Wollaston Anglican Community School



A PRINCIPAL'S STORY

Personal development and working towards goals isn't only for students. I'm excited to see teachers coming on board as well. You're never too old to stop learning or set yourself a challenge. Here's what one Principal had to say:

"I gave the students a check-in at assembly last week to ask how their vision wall was going after your talk. I shared that I had a vision wall myself after your talk. My personal goal was to drop my local park run to something in the 25-minute range.

- 5 weeks ago 27:51 Keep seeing that vision. It's a long way off Glen and his crazy ideas may be only for young people. This will be an all-year task, but let's keep trying. Got to practise what you preach to the kids.
- 4 weeks ago 27:22 Wow a 30-second drop in time. Still, a long way to go but keep trying and see what happens.
- 3 weeks ago 26:27 A 1-minute drop!!!!!! 7 seconds off the PB where did that come from? Those couple of runs a week are starting to make a difference.

- 2 weeks ago 26:19 a one-second PB!!! Worth celebrating as a milestone, but still not sure a 55-year-old can do this 25 minute thing. Got to keep doing the midweek runs. It's easy to miss one and then make that new habit an old one again.
- 1 week ago 26:⊙7 a 12-second PB. That was hard work how am I going to find another 8 seconds?
- This week my smartwatch misfired, I'm running a little blind in overall time, so I will run each kilometre at face value and see what happens. 3K mark stop looking at the time, watch your heart rate and see how hard you can keep going. This hurts. I can't do a record without running each mini-segment the best I can, but is it good enough? Strava says it's a PB, but I don't know. It didn't feel like one at face value no idea of the time until the park run

email came through later in the morning — 25:53!!!!!! A new record and I'm in the 25-minute club!!!!

• PB improvement of 27 seconds over the last 3 weeks. Vision goal achieved in 1/4 of the time I thought it would take.

Maybe I can be a 24-minute runner by the end of the year? Do I dare put that vision wall up?

Next chat with the students in a few weeks — (I will let them know that) if a 55-year-old can conquer a physical challenge from his vision wall, you young guys should be able to smash yours by pursuing a step at a time."

Geoff Peet, Principal Maitland Christian College

BOOK SUMMARIES& TOOLS



BOOK SUMMARY

Good to Great' is all about the things you can do to be above average.

CLICK HERE
TO READ MORE...



ARTICLE

How to frame your questions and why you should never be afraid to ask.

CLICK HERE
TO READ MORE...



WORKSHEET

A simple worksheet to help your students create change.

CLICK HERE
TO READ MORE...

SCHOOL IN FOCUS

St Augustine's College in Sydney have an exceptional wellbeing program led by the phenomenal Ilona Welch. (Head of Student Wellbeing) To prepare the students for the day they decorated their lock area to induce positive affect. and promote high levels of wellbeing. Bravo!







LETTERS FROM STUDENTS

"I want to thank you so much for visiting Wenona on Tuesday. We've had sessions with so many speakers but none of the advice given has resonated with me as much as yours. I left school that day with a new sense of confidence in myself and my future. Thank you again for talking to us, I don't think my grade will ever forget that seminar; no one can stop talking about it."

Year 12 Student, Wenona School "I just wanted to personally write to you about the talk you presented at Arden Anglican College on our Year 11 Camp. You truly installed hope into me. I was lost and thought nobody wanted me to succeed you made me feel cared for and valued. You've been father figure to me over these last two days and for that I'm so grateful. You changed my life, Glen. Thanks so much!"

Year 11 Student, Arden Anglican School "You spoke at Geelong Grammar School today and I was in the audience. Your speech really shook me up and made me think more about what I wanna do. I just wanted to say thanks for motivating me and putting back on the right track."

Year 11 Student, Geelong Grammar School

"I had the pleasure of listening to you speak to my Year 11 Pathways class at Geelong Grammar School this morning. How I wish I had heard you speak to me as a high school student 50 years ago! Glen, you are such a gift to young people and I am grateful that people like yourself can speak into the hearts and minds of this generation."

Educator, Geelong Grammar School

"I'm a year 12 at Carey and was in the audience for your presentation today. I would just like to say this is the best advice I have heard in ages. Your presentation today really hit home for me and I wanted to write to you to acknowledge that. I want to take steps to better myself."

Year 12 Student, Carey Baptist

"I'm from Ipswich Girls Grammar and in grade 11. I was truly inspired by the session we had with you today, and I felt it was very useful information to take into the future. From this session, you've allowed me to see the greater picture when it comes to school, and moving forward, every day I go to school I will now have clearer intentions about how my school work can relate to my general life."

Year 11 Student, Ipswich Girls Grammar

"I would personally like to thank you for your seminar today. You have reinvigorated my hope and determination for my passion. Whenever I catch myself being unproductive, I can think back to this day and feel a sense of belief and hope. You gave me a lot of insight today and for that I am truly grateful and will strive to apply those morals and fundamentals to my life, and to my future kids one day."

Year 10 Student, Unity College QLD

"Today when you spoke to us, it felt like you were speaking to me, like you turned a switch inside me that I completely forgot about or never knew was there."

Year 11 Student, Daramalan College, ACT

"For so long I have been stuck in a cycle of doubting myself, but today I really found purpose through your encouragement and powerful speech. Thank you so very much for flying out to see our school today on our retreat. It is something I will never forget. You are a true inspiration. Keep doing what you are doing."

Year 11 Student, Arndell Anglican College, NSW

"Your session really impacted me today I went into the day not sure what was going to happen and you completely changed my life. I've been struggling for a while feeling lost about the path. I can't thank you enough for the way you have changed my life."

Year 11 Student, Cardijn College, SA

"You gave a seminar at Kings Baptist on Friday and I thought, before it started, that I wouldn't get anything from this.. But from the start, you caught my attention, and the first 2 hour session felt like 45 minutes, and the rest of the day seemed to go by so quickly. I've never written so many notes, made so many plans or sat still for so long, ever.",

Year 10 Student, Kings Baptist Grammar, SA

"I can't thank you enough for your presentation today. I missed most of school year last year as I was in hospital. You really helped me find my way back on track. Thank you again."

Year 11 Student, Redlands College, QLD

"I think it's a fair assumption to say that the speech you gave to me and my peers (on the 6th of march, 2023), was strong, powerful and most importantly motivating. I have sat in these work—shops with other groups before in previous schools but none have truly addressed the topics you have addressed, our future, our goals and most of all, what you should strive for in the future. And for that I speak for the many when I say we are truly grateful for your time."

Year 9 Student, Loyola College, VIC

"For the first time in weeks, I sat down and practised my violin, focusing completely on what I was doing. That night, for the first time in three years, I put my devices down, and I read my notes from the talk, went to bed early, and got up early this morning to start my day, going to the junior school and living out my passion for teaching music in an ensemble but enjoying it and trying really hard to inspire young kids to continue to live out their talents. Thank you so much for speaking at my school. I appreciate it a lot."

Year 11 Student, Faith Lutheran College, QLD

"Thank you so much for coming to talk to us last week. I can speak on behalf of my whole year group that we thorough ly enjoyed it helped and motivated us immensely."

Year 12 Student, Frensham, NSW

"I was truly touched by your talk today. I wanted to tell you that you that I am so grateful that I had this experience today and that I had the chance to reflect on my decisions over the past few years.

You have made me realise the importance of my life and the way I harness the opportunities in front of me to make real change in the world. I am so glad that I have had the chance to reflect on this and move forward with my new motto "fail early, fail often and fail forward"!"

Year 10 Student, All Hallows

"I've heard many presentations in my life but never have I ever felt so inspired, from your style of presenting to the content that was given out. Today I felt my mindset change. I've always been positive about the future but the uncertainty of it made me unsure of how to prepare and approach it. After today's presentation, my vision for the future felt clearer and I thought about setting myself bigger goals than I had before. Thank you Glen."

Year 10 Student, Burgmann Anglican College

"I can't begin to thank you enough for your talk yesterday (29th March 23) at Loreto. I was so incredibly motivated and inspired by your story and words. I walked out of the room with a whole new understanding and perspective on my life. Last night I went straight home and made my vision board smashed at PB on the erg. I can't thank you enough."

Year 10 Student, Loreto College, Kirribilli

"May I say, first of all, I appreciate the time you reserved to come and speak at our school today, your words have the ability to change lives, and I have taken to heart your story, your mentality and your philosophy. I really appreciate all the motivational, and driving words you delivered today, please continue to do what you do, inspiring and giving us youth hope. Thank you again!!"

Year 9 Student, St Augustine's College Sydney

"I just wanted to reach out to thank you for giving the talk you did at Pembroke today. I have to admit that I was considering not going today and trying to catch up on some schoolwork, but I am so so grateful that I came. I am going to do big things in my life and I think that this talk will be something I look back on as a turning point in how I go about my life. Today, that started by taking the time to properly write my great grandmother a birthday card for her 100th birthday, as I could've just signed on to something generic that my mom wrote but I wanted to take the time to show my appreciation for her, and your message helped inspire me to do that. Thanks again for the talk today."

Year 12 Student, Pembroke School, SA



FREE RESOURCES



Want to see me next term?

Spots are booking FAST.

Click the link to book a quick call.

BOOK NOW

