



# MEN OF **HONOUR**

**Male by birth.**  
**Man by choice.**

7 conversations every young man needs to have with an elder.

2-hour, in-person seminar

Boys in Years 9 to 12

Why this conversation, now

# Boys are working out manhood from a feed that profits when they stay confused

Most boys have never had a man sit them down and tell them the truth, plainly, about the things that actually shape their lives. Pornography. Sex and respect. Money. Food. Training. The mates they keep.

Men of Honour fills that gap. It's the conversation a good father, a good coach, or a good uncle would have if he had the words and the time. Glen sits across from a hall of boys and has 7 honest conversations they rarely get to have. The room is safe but not soft. He doesn't lecture, doesn't moralise, and doesn't swear to win them over. He tells the truth.

## Why an elder, and not another peer

In a South African game reserve, young bull elephants began killing rhinos. They had been relocated after culls and grew up with no older bulls around. Leaderless, they turned violent, behaviour the researchers had never documented before. The rangers brought in a few mature bulls. The killing stopped.

Young men carry the same energy. Left without elders to channel it, it turns on them, or on the people around them. Given an elder who has walked the road, it builds character. That's the work.

**Hope is a skill. So is character. Both can be taught.**

“

In 12 years of professional football we've heard a tonne of motivational speakers. Nothing was as meaningful as this.

**Brett White**

NYC Head Coach, Canberra Raiders

750+

schools have run Men of Honour, across every type, demographic, and academic band.

# The 7 conversations

One through-line runs under all 7: **the real test of manhood is the ability to conquer yourself.**



01

## Training

Build a body you can rely on. Start absurdly small, 2 push-ups a day, and create the habit before you improve it. Consistency beats intensity.



02

## Nutrition

Eat like it matters. Clean most days, improve 1 meal a year, and treat discipline at the table as practice for discipline everywhere else.



03

## Money

Get your money working for you. A simple staircase that starts with \$1,000 saved by the end of Year 10, and the discipline of not touching it.



04

## Pornography

Name what porn actually does. It rewires attention and erodes the ability to be present with a real person. Glen gives boys the mechanics, and practical ways to take back control.



05

## Sex and respect

Respect comes first. Consent, presence, and a clear standard: make the women around you feel safe, every time.



06

## Friendships

Be the mate who asks twice. Boys learn to push past “yeah, all good” with a friend who clearly isn't, and to choose mates who pull them up.



07

## The man you want to become

Character over motivation. Glen closes by asking every boy to commit to 1 action that night, photograph it, and email it to him. The seminar ends with a decision, made and witnessed.

# What boys do differently by Monday

We know what boys walk out with, because they write in, often within the week.

- ✓ They **cancel a habit** they've carried for years, then write 7 days later to say they haven't gone back.
- ✓ They **eat breakfast** for the first time in months.
- ✓ They **drag the weight set** out of the garage and start training again.
- ✓ They stop accepting “yeah, all good” from a mate who clearly isn't, and **push the conversation further**.
- ✓ They go home and **talk to their mum or dad** in a way that hasn't happened for a long time.



## The seminar is the spark. The workbook keeps the fire going.

Every boy leaves with the Men of Honour workbook, so the 7 conversations keep going at the kitchen table, in the car, and with mentors and coaches in the days after. It gives a family a shared language to keep building on.

*“Thank you for being a father figure for me, and for giving me the conviction to chase what I want.”*

Year 12 student, Saint Ignatius' College, Riverview

*“Thanks for really giving it to us straight. I admire that you don't sugar coat things.”*

Year 12 student, Scotch College

*“I went home and told my mum I loved her. I haven't sat and talked to her like that for a long time.”*

Year 10 student, Loyola College

From the people who book it

# What school leaders and parents say

The number of Year 10 students who came down to thank you at the end tells me the seminar was a success. We even had one staff member who's been here almost 40 years stay for the second period, despite not being rostered on, because he was that engaged.

**Josh Di Bella**

Deputy Head of Senior School, Anglican Church Grammar School (Churchie)

The most engaging and inspiring speaker we've had in my time at the college. His ability to connect with students at their level while teaching so much about becoming an honourable man was constructed carefully and executed skilfully.

**Wellbeing and Personal Development Coordinator**

Loyola College

Even the most disengaged boys found Glen engaging and inspirational. We don't often hear from parents. Several rang to congratulate us on a presentation their sons came home eager to discuss.

**Head Teacher, Wellbeing**

Camden High School

The Men of Honour program fearlessly tackles the difficult issues boys face growing up. A must read for boys and their fathers, bringing both immediate and far-reaching benefits.

**Professor David Bennett AO**

Head, NSW Centre for the Advancement of Adolescent Health

He literally could not get through the front door. He stood there with his bag still on his back, just talking. He took copious notes. They're in Year 9. If you know how tough it is to engage Year 9s, you'll get how incredible this is.

**Parent**

Oakhill College

## How it fits your programme

Men of Honour slots into Year 9 and Year 10 wellbeing programmes and Year 11 retreats. It complements your existing pastoral, chaplaincy, and character-education work rather than competing with it, and it's been delivered across every school type, demographic, and academic band.

Year 9 & 10 wellbeing

Year 11 retreats

Pastoral care

Chaplaincy

Character education

## About the elder in the room

# Glen Gerreyn

Glen Gerreyn is the founder of The HopeFULL Institute and a certified professional speaker with more than 25 years on the road. He's delivered over 10,000 presentations in more than 750 schools around the world, and he wrote the Men of Honour book that sits behind the seminar.

He's the elder a lot of boys don't have: direct, warm, and unwilling to waste their time. He doesn't perform and he doesn't pander. He just has the conversation, the way a good father would.



**Glen Gerreyn**  
Founder, The HopeFULL  
Institute

## How it runs

- **2 hours, in-person, on your campus.** We don't run this online.
- Boys in Years 9 to 12. Pen and paper. No phones in the room. Quiet enough to think.
- You provide the hall, the AV, and water. We bring the rest.
- Every boy leaves with the Men of Honour workbook.
- Books out fast around wellbeing weeks, Year 9 and 10 programmes, and Year 11 retreats.

## Book Men of Honour for your school

Tell us your school, your year level, and the term you're aiming at. We'll come back inside 2 working days with available dates and a quote.

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