Michael Colling is the Founder and CEO of the national charity, The BETTERMAN Foundation. Michael worked with young people for almost two decades as a Youth Worker; he has also worked in radio, published an anthology of short stories from young Australians, and, has become a sought after speaker on issues facing young men; often being interviewed in the Australian media.

Michael is based in Melbourne, however, is available for bookings across Australia and the UK.

“Who’s the Man?” (13 – 16 year old boys).

This 90-minute workshop explores just what exactly young men believe it means to “be a man.” Michael challenges the often toxic stereotypes, involving participants in open, honest conversations about issues and situations facing them. Topics include: body image, pornography, respectful relationships, risk taking, men and violence, mateship, asking for help, amongst others. The focus of this workshop is on respect and resilience and it has become popular as a parent/son evening.

“Raising Boys to Men” (Parents)

This honest, and sometimes confronting workshops aims to educate and empower parents and other care givers in building respectful, resilient and happy young men. Drawing from almost two-decades of professional and personal experience as a youth worker and father, much of the content of this workshop is derived from Michael’s next book on raising adolescent boys in the 21st Century. Topics include: peer pressure, risk taking, social media, pornography, healthy role models, and more.

Michael Colling

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