

A couple in silhouette stands on a beach at sunset, looking out at the ocean. The scene is overlaid with a large, semi-transparent circular graphic that contains the title text. The sky is filled with warm, golden light from the setting sun, and the water reflects this light. The couple's silhouettes are dark against the bright background.

MANIFESTO¹

EDITION 3
NOVEMBER 2018

MAKING
GOOD MEN
GREAT

Editorial Manifesto



Hello, everyone!

What a couple of months! The media continues to provide ample material for meaningful conversations on a host of subjects that relate to masculinity and well-being. This time I will draw from some the current affairs issues and put them through the lens of a New Masculinity. As I said in the last edition there is no question that patriarchy is embedded in all aspects of our lives, from the aspect of mental health, to politics and economics and ecology. On that note and after some serious reflection, I am no longer going to use the phrase 'toxic masculinity'. The

reason is that I want to clearly establish the difference between an ideology and the nature of being a man. It has occurred to me that using the phrase 'toxic masculinity' obfuscates our understanding of what we are talking about. We need clarity in these conversations, clarity of meaning and context.

In that vein, I want to broaden the conversation and not just confine it to gender issues, although in many cases they are central to our evolution as

men and community. The importance is not simply about being male, but about being human.

Since the last edition

Suicide

As always as a psychologist and thought leader, my attention and work has been with a number of key topics. Suicide is one of those. Why are boys and men killing themselves in such numbers? In my work I try to help

individuals understand themselves and therefore help them reach a place in themselves not to take a step with such finality and trauma to those left behind. I am therefore also deeply involved in examining what we need to do to arrest this trend.

Leadership

Five Prime Ministers in 5 years! I dare say that most voters are angry, disillusioned and baffled by how we have a system that perpetuates this farce. So, what makes our political system such a mess? How is it that more attention is paid to who does what in the Zoo than actually 1) representing the voters and 2) leading on policy? It is on that note that I am looking at Leadership on the macro and micro level and put forward some ideas that hopefully get the conversation moving in a meaningful way. Most importantly I am going to put forward a very dangerous idea. Leadership in the traditional sense is stifling our evolution and threatening our existence. There I've said it. Interested in hearing more? Read on.

Being a Dad

The next topic I want to explore is that of being a Dad. I wrote a blog some time ago titled Having kids doesn't make you a father – Raising them does. (<http://www.goodmengreat.com/having-kids-doesnt-make-you-a-father-raising-them-does/>)

In this article I am going to explore some of the deeper layers of being a father of boys. In the next edition I'll take a look at what raising girls entails.

Personal Evolution

The pyramid of individual evolution. Mention the word Pyramid and most of us immediately think of the Egyptian pyramids of the Giza plateau. I find it an irony that unlike the Biblical stories about them, the pyramids were not the result of cruel overlords whipping masses of unfortunate, starving slaves into submission and heartlessly killing off those who couldn't work anymore. The truth is that the pyramids were the result of highly cooperative society whose common beliefs led them to construct monuments of dazzling size and beauty. And yes, there is an ancient record of a worker's strike when Pharaoh didn't deliver the bread and beer that was due. Each member of the community had their role to play... and that depended on each person being able to be the best that they can be for which they expected to be given their due.

Personal evolution always occurs in the context of society and culture. But irrespective of society and culture, am I the best that I can be and how do I work that out?

On-going contributions

Lorin put up a brilliant introduction in 'Challenging Patriarchal Values' and suggested that it is an unfinished project. She then followed this up from a woman's perspective to explain the foundation of feminism. In this edition Lorin continues with a look at a particularly important time in history, the Enlightenment to examine the influence to be had on the project of equality.

In the last edition I explored how patriarchal values drive an ideology that deeply wounds men psychologically, something that has cost all of us dearly. It has led to the very reasons for why men and women struggle with one another; why communities struggle to live together and why ideologies bring about violence. In this edition I want to take this into the realm of being a Father as well as the notion of leadership, something that truly needs some work given the apparent lack of it in the world today.

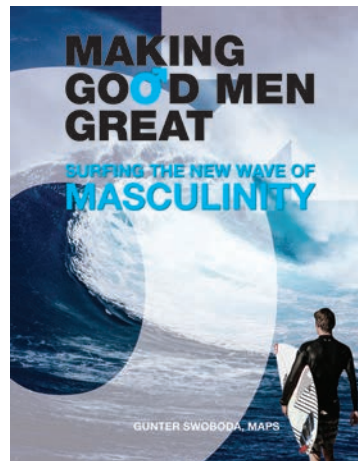
As always, we have a column on 'Good Men being Great'. Some time ago I had the pleasure of playing Deus Ex, an engrossing computer game, featuring Adam Jensen aka Elias Toufexis. In this edition I am over the moon to introduce Elias. He is an actor with a fan base and cult following around the world. Gamers will know him not just as Adam Jensen but he has played dozens of major characters on television shows like. Bitten, Lost Girl, Alphas, Stargate Atlantis, Smallville, Eureka, Houdini & Doyle and particularly memorable

characters on Supernatural and The Expanse.

The most exciting news is that my new book Making Good Men Great; Surfing a New Masculinity is now available. Check on Amazon or my webpage for outlets.

I hope you enjoy this edition.

Gunter



What the critics are saying about the book

“Swoboda’s Book is truly masculinity that inspires change... it provides a platform for tips and meaningful conversation.”

BuzzFeed

“Gunter’s new book Surfing the New Wave of Masculinity is a must read for men and women and he is on a mission to make good men greater and better!”

The Arriviste

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Challenging Patriarchal Values.

Part Three: The Enlightenment: Patriarchy Revealed.

By Lorin Josephson, R.N, R.P.N, BA (Hons) MA (Org Ethics)

The Enlightenment is the name we have given to a particular time in our history when a particular set of circumstances led men and women to re-think the assumptions about themselves and the world, that they had based society on for over a thousand years. The flowering of intellectual pursuits, art and literature of the Renaissance, and the Reformation, were vital precursors to this time of questioning. So too was the nightmare of the thirty years war that rolled over Europe as the Catholic Church fought for its traditional hold on power, against the burgeoning Protestant movements. Added to this was the movement of

goods and ideas along the Silk Road and the invention of the printing press. All have a part to play in this convergence of thinking that led to what we now take for granted; liberty, political enfranchisement and individual equality.

During the Industrial Revolution large numbers of people moved from what had been mostly family based agricultural work, or cottage industries located in villages, to the large towns to live and work. During this time the dualistic nature of the way we categorised and defined the world became increasingly rigid and prescriptive. In the context of the social upheavals of the time, with the

changes to the political system that challenged the power of monarchies, and the economic system that was creating a middle class, the separation of the public and private spheres of human life became increasingly idealised and reinforced.

Then as today, the very poor and disadvantaged and the extremely wealthy, were not as rigidly bound by the mores of everyday society. It was the new 'middle class', those who no longer needed to scrape by in order to survive, and who could look forward to improving their financial and social position, who started to challenge the status quo. The merchants and bankers, bureaucrats and small business owners who were now important drivers of the new economy wanted a say in how they were governed. Educated, with time to think and a desire to take control of their own futures, the men who argued for their own rights unwittingly opened up the discussion that would lead to the enfranchisement of all men, not just those with property, and eventually the enfranchisement of women.

The arguments that were used to demand these changes undermined the universal acceptance of inequality, and exposed the cultural construction of the beliefs used to divide society into classes based on ideas about natural intrinsic worth. The accepted idea that some men were born to have power over other men could no longer be sustained. The arguments against inequality that toppled the Aristocrats of Europe

and provided the impetus for the American colonies to demand their independence from Briton, were easily applied to ordinary men.

The belief that the ordering of the populace into classes was based on natural intrinsic biological differences amongst people had been challenged and found to be flawed. It had been effectively demonstrated that an opportunity for an education and acculturation into the behaviours of the differing groups of men, enabled individuals to make choices that moved them up or down the class ladder. The very growth of the middle class was evidence of this.

'A mind that no longer looked at the world through the lens of magic and mysticism, but through telescopes.'

This was a time when many long held beliefs were being challenged. When the study of the natural sciences had undermined the dogma of religion, and opened up new areas of knowledge that excited the imagination of intellectuals. The reverberations of the seventeenth century with all of its upheavals, wars, famine and tragedy had inspired the emergence of the modern mind. A mind that no longer looked at the world through the lens of magic and mysticism, but through telescopes.

Mary Wollstonecraft, Harriet Taylor

and John Stuart Mill were part of the intellectual cohort of the eighteenth century that set their minds to understanding the world by observing it. As Philosophers they focused their attention on the questions that have always been the major concern of philosophers, the human condition. How should we live? What are the moral grounds on which we should base our actions? How should we treat each other and what constitutes a 'Good Life'? Stepping back from

the recently disputed religious answers to these questions, these and other Humanistic philosophers were looking for a secular answer.

These three philosophers recognised that the gender stereotyping of women could be challenged by the obvious fallacy that difference in biological sex determined difference in intellectual and emotional capacities. Mary Wollstonecraft in particular focused on the way in which



education, or the lack of it, could determine an individual's ability to understand the material, intellectual and emotional world that we live in. This was not a new idea. Plato had discussed this very issue over two thousand years ago and had argued

that women's potential was subject to their socialisation. That "had women had the treatment which enabled them to develop their capacities more, they would have performed higher and they would have performed closer to the performance

of men who had that treatment' [Merle Thornton: 1986. p 80].

Of course Plato was not advocating that women could be as good as men. He thought that they could be almost as good! This is a sentiment that is still evident today, demonstrated in the inequality of the gender pay gap and the continuing dominance of men in positions of power.

Despite the fact that the cultural construction of gender should no longer be questioned by anyone who has had the opportunity of a modern education, entrenched assumptions about sex difference remain unchallenged. If we take away the filters of our traditional thinking and patriarchal ideology, simple observation will lead us to the recognition that individuals of both sexes have intrinsic talents, that can be developed by the right sort of education and socialisation.

And today in the Western world this is evident in the fact that having been allowed to follow their interests and explore their intellectual talents, women now participate in Tertiary Education at a proportionally higher rate than men. In fact this is one to the major concerns that some men have about Feminism. It is one of the indicators used by some men to argue that they have been left behind and that they are no longer dominant. This fear reflects the very issue of value. Tertiary qualifications often lead to jobs that hold status. Occupations that have

been traditionally male and valued more highly than occupations that were traditionally female.

“We have evolved in our thinking to a point where we reject inequality...”

What the Enlightenment did was open up a dialogue that continues today. In challenging Patriarchal assumptions about human nature and sex difference, we came to understand the way in which cultural and traditional ideas shape our beliefs. We have evolved in our thinking to a point where we reject inequality and value individuality and autonomy, but we remain stuck in dualistic either/or thinking that continues to divide us, and prevents us from embracing a holistic approach to our lives. We are still using a patriarchal value system when we think about the tasks of human life, and this is what I will look at in the next section.

References:

Thornton, M, 'Sex Equality is not Enough for Feminism', in Pateman, C and Gross, E, 'Feminist Challenges. Social and Political Theory'. Allen and Unwin [1986].



In the twenty-first century two stereotypes of maleness have emerged. That of the self-sufficient, driven, materially successful and competitive man who is admired but also derided for not being nurturing, being absent in relationships and prioritising their work over their private lives. In opposition to this, the less successful, less competitive man is seen as being weak and bumbling.

“The power of patriarchy has been to make maleness feared and to make men feel that it is better to be feared than to be loved. Whether they can confess this or not, men know that just is not true”. Bell Hooks

At a time when we are seeing the #metoo movement as a force in the community, we are also seeing a disturbing trend in the political, economic and social arena with the reassertion of patriarchal values that fosters division, animosity and intolerance. In recent years, the western democracies have been seduced into a place where strongmen rule. An extension of the first stereotype I spoke of, it has been a slow and subtle seduction, similarly to a narcissistic boyfriend who initially is full of praise, compliments and

adoration, but at the slightest hint of challenge to his authority will become cruel and abusive.

Patriarchal men fear the growing participation of women in the workforce and the demand for equal opportunity in leadership because they are intolerant of change. From their own fear of the loss of their perceived inalienable rights to dominate, they have constructed a backlash against humanistic and egalitarian values. These men spin themselves as strong leaders who know what’s good for the community. They will lay out the theme that the righteous are in jeopardy from forces that are evil in nature and will threaten everyone’s well being. They disseminate ideas that there are those in the community that will destroy the natural order of things, i.e patriarchy. Most importantly is that they do not consult. They tell and do not listen.

Just like the narcissistic boyfriend, patriarchal men initially appear benign, like a firm but caring father who has to exercise tough love to protect. At its core however is a heart of stone that is self serving, harsh and purely interested in the preservation of their own power. As such, the patriarchal leader is prone to dominate and abuse rather than lead. They instil fear to obtain compliance.

Patriarchy rests on being territorial, on relationships being hierarchical, that we have an inalienable right to acquisition and, most importantly, that competition is valued above co-operation. When patriarchal men are not winning, they become combative,



resorting to ‘might is right.’

This way of being is adolescent. It is immature. As adolescents, we resist responsibility, tend to find excuses to blame shortcomings on others while maintaining an entitlement to respect and individualism. The unchecked adolescent tend to be self-centred and often lack empathy. They are often easily enraged and quick to fight. Adults on the other hand are responsible, take ownership over their behaviour and hold themselves accountable. Bullying, bragging, reckless aggression, mindless greed, politicking and posturing haunt us in misguided ideas of manhood. Arrogance is often mistaken for confidence. Adults, on the other hand, exercise empathy and are prepared to listen to differing points of view.

A further problem with patriarchy is that it is inflexible, it makes us reactive and defensive, as opposed to being responsive and open. Inflexibility

means that we struggle to deal well with stress, something that brings us closer to breaking point.

So where is the point of origin for the ‘strongman’? A closer look at how these men are parented quickly identifies the main problem. They have generally been raised by patriarchal, paternalistic and emotionally underdeveloped men. In other words patriarchy perpetuates. Being reared in an environment where a narrow definition of success is the benchmark, fear and anxiety fills the son who has to find some way to compensate to feel, at least on the surface ok. They develop the mask of the strongman. This is mistaken by others as the ‘real’ person, and because they identify with the mask as a result their own lack of father figure, or overprotective mother, they gravitate to the ‘strongman.’

Patriarchy stifles a boy’s emotional development, it wounds him at the

core of his being. This necessitates the creation of a defensive mask to shield him from the pain of the wound. This mask manifests in two ways. Either the boy becomes submissive and intolerant of conflict, or he becomes aggressive and combative. He doesn't necessarily always remain behind the same mask. Some times he alternates but for most boys the solution is to join the majority and to conform to the characteristics of patriarchy. As a part of this tribe, the boy sacrifices his ability to empathise and relate to those who are different. He acquires a narcissistic defence that requires him to participate in the very things that continue to wound him and caused his developmental and emotional delay.

What's the Alternative?

The alternative is to evolve beyond the toxic simplicity of patriarchy.

“There is no coming to consciousness without pain. People will do anything, no matter how absurd, in order to avoid facing their own Soul. One does not become enlightened by imagining figures of light, but by making the darkness conscious.” Carl Jung

The man who rejects patriarchy has an opportunity to become more inclusive and less guarded around others. If necessary he is comfortable asking for help rather than toughing it out himself. Rather than seeing relationships in hierarchical terms he is able to embrace the ideals of equality, and fairness, which are the foundation of democracy. He acknowledges and validates differences, from where compromises and constructive solutions can be found. This improves his capacity to share, not just feelings and thoughts, but also resources.

Most importantly, he understands that cooperation is more important, and more useful than competition. These are the attributes of adulthood, and men need to leave the patriarchal impulses of adolescence behind so that they can mature into adult men.

In the digital age, we need Leaders that are worth following, not ‘strong men’ who want to dominate and control others. So what is it that makes a man someone worth aligning yourself to. Below are some steps that all of us can take to make some changes in the way we view ourselves and others. And this is where there is some great news. Patriarchal men can change. We just need to make a commitment.

1. Re-thinking Masculinity.

The first step is that we need to deconstruct and clarify what patriarchy actually is and how it operates. Most men have never considered their own indoctrination into patriarchy. Men don't talk about patriarchy.



When we hear the word we often see it as a political sledgehammer used by feminists in their attempt to suppress men. We need to take a leaf out of the feminist movement and have a meaningful conversation about patriarchy and then we need to join women in the dialogue.

Having done that, we need to replace patriarchal ideology with something that helps us evolve, wherein we can contribute to society in a healthy and sustainable way. It requires establishing values that are beyond politics and economics.

2. Self-awareness and personal growth.

Once we have done that, we need to establish a framework that helps men to understand themselves better emotionally, cognitively and socially. They need to recognise that much of their behaviour is about fear and control. The ability to let go of the need to control themselves, and other people will foster the capacity to be more open and authentic.

3. Relationship Building.

The key is intimacy. Mention intimacy and most men think about sex. But intimacy is so much more than that. Intimacy requires being emotionally authentic and empathic. Intimacy is the ability to engage and attach to others in healthy relationships. For men, like all humans, we learn intimacy as a child. Healthy intimacy not only allows us to form good relationships with

others. It enables us to form a good relationship with ourselves which is a vital aspect of being a partner and father. Intimacy requires respect and starts with self respect then radiated outward to others.

If we are going to change ourselves and our culture, then the best place is to start challenging the prevailing ideology is to start with our approach to being a father. We need to become a father who is physically and emotionally available; a father who is open to expressing his feelings, yet able to maintain the boundaries that allow his son to grow into his own person, with the right values to emerge as a mature adult. A father who is authoritative and not authoritarian. A man who father's his daughter in a way that empowers her to demand that other men are as mature as her father and brothers, and not accept less.

4. Communication

Great Communication includes conveying aspirations and more importantly, inspirations. It allows us to clearly convey our thoughts, feelings and needs in a transparent way without the need to manipulate others. But it requires that we listen and appreciate the other person's perspective, feelings and needs.

These are the first steps to being a great leader. But there is much more to great leadership and in the next edition I'll explore this further

HAVING KIDS DOESN'T MAKE YOU A FATHER RAISING THEM DOES.



***'He came to the world in the usual way
But there were planes to catch, and bills to pay.
He learned to walk while I was away
And he was talking 'fore I knew it, and as he grew, he'd say, "I'm gonna be like you, Dad, You know I'm gonna be like you."***

Harry Chapin

Firstly it's about attachment. No, you don't need to take a course in child psychology. Most of it is common sense really. But remember that attachment starts when your partner gets pregnant.

So let me outline some core principles.

1. Raising a child begins at Conception.

Be mindful that it means more than just paying attention to nutrition, not drinking alcohol and not eating for two. And most importantly this does not only apply to the mother of the child. You the father are not exempt from the necessity to start to make changes to the way you live

your life on a daily basis. Preparing for the birth of your child includes the psychological well being of the mother, yourself and the baby in utero. This is the time to really become conscious of how you treat your wife and mother to be. And this is a time to acknowledge that you have begun an important and life changing journey.

2. Raising a child requires time.

We live in a society whose main meme is 'busy and stressed,' two ingredients that children don't understand and realistically shouldn't have to. Busy and stressed does not allow for building a sound, safe and secure relationship between a parent and a child. Rushing around causes stress and tension in the adult that is immediately picked up by the child, no matter what age. Physiologically the body is going to use more adrenaline and after a while will be loaded with cortisol. Not good for the mother, the baby or you. Rest, relaxation and good quality sleep are the foundation ingredients. You need to create space for calm and relaxation.

3. Express love, respect and co-operation

I see these as core values in human relationships. Children need to see these in action and a Dad who openly demonstrates these in his key relationships is streets ahead in raising a child. Oh, you might ask why co-operation? Because it fosters trust.

4. Be authoritative.

There is nothing more painful in a Dad/child relationship than living with a dictator. The sure way to lose your child by the time he is 9 and 10 years old is to hold to the principle that 'might is right.'

Studies into parenting styles always highlight the benefits of being an authoritative Dad. They show love and affection, exhibit the right values, still enforce rules and set realistic expectations for their children.

5. Don't do for them what that they can do for themselves.

This is the 'don't rescue them from the chores' scenario. Chores teaches kids the value of responsibilities, accountability and consequences. It is part of learning respect for themselves and others and the importance of being part of a community and that starts in the home.

What about small babies, I hear you ask.

Ron Ferguson, an economist at Harvard, has studied the achievement gap — the well-documented learning gap that exists between kids of different races and socioeconomic statuses.

He came up with a list he called the Boston Basics. The principles are:

1. Maximise love, manage stress. Babies pick up on stress, which means moms and dads have to take care of themselves, too. It's

also not possible to over-love or be too affectionate with young children. Research shows feeling safe can have a lasting influence on development.

2. Talk, sing and point. "When you point at something, that helps the baby to start to associate words with objects," Ferguson explains. Some babies will point before they can even talk.

3. Count, group and compare. This one is about numeracy. Babies love numbers and counting, and there's research to show they're actually born with math ability. Ferguson says caregivers can introduce their children to math vocabulary by using sentences that compare things: "Oh, look! Grandpa is tall, but grandma is short" or "There are two oranges, but only three apples."

4. Explore through movement and play. "The idea is to have parents be aware that their children are learning when they play," Ferguson says.

5. Read and discuss stories. It's never too early to start reading aloud — even with babies. Hearing words increases vocabulary, and relating objects to sounds starts to create connections in the brain. The Basics also put a big emphasis on discussing stories: If there's a cat in the story and a cat in your home, point that out. That's a piece lots of parents miss when just reading aloud.

A word of caution. In our competitive culture these points are

not to be used to try and accelerate your child's achievements. You're not to project manage Billie or Eva into the next Nobel prize winner or Super-sports person. Remember what happened to Tiger Woods and Michael Jackson. The focus is to help you forge a sound relationship where you are present in the child's world and the child feels safe and loved and affirmed by you.

6. As the Years Progress.

I know it is easy to step up and celebrate the joys of fatherhood. But isn't the real test in being a Dad when you are most challenged by our child's actions? See 'terrible twos' 'tiny terrorist' and 'princess bitch face.'

Isn't the real metal of the fatherhood shown when we're struggling to restrain ourselves from lashing out, lecturing or simply rejecting our kids because they have done something that has upset us?

Love, and feeling warm and fuzzy as a Dad is really easy when our kid's are co-operative and compliant. Our chests burst with pride and joy. But what about when the wheels have fallen off the bike? When we are staring down the barrel with absolute disbelief with what the kid has done?

Raising a child is about how we are when the going gets tough; when they've broken some rule, come home past curfew or are sitting in the foyer of the police station. This is the time, when it's tough, which really defines you as a Dad.



It is my ability to rise above my anger and disappointment, to not make it about me, that defines me as 'Dad. It is when I have to dig deep to stay in touch with my true feelings about my child, that the rubber hits the road and I get traction as a father.

So, they've screwed up. But who hasn't?

Remember that in those tricky moments, I am not only raising my son or daughter, but I am also raising myself to a higher place as a Dad, to be a Great Dad. I know; it's hard to

get over the fear, the hurt, and the anger. But that is what being a great dad is about. It is about being the adult in the relationship. It is about true fatherhood.

So, rather than being reactive, I am going to respond to what is the real issue for my child. I am going to continue to be loving, whilst not condoning whatever misdemeanour was perpetrated. And most importantly, I am going to maintain a meaningful conversation that keeps our relationship engaged.

The Elias Toufexis Interview

1. Elias tell us your back story

I grew up in Montreal in a house full of women. 2 younger sisters and my mom were home all of the time. My Dad worked. I lived there until I was about 22 then I tried New York for a bit as an actor. After New York I moved to Vancouver and my career really started to move. Then to Toronto and now in Los Angeles. I've been around North America a lot I guess.

2. What drives you?

My passions lie in two places. My love of my family and my desire to provide for them and my love of movies and television. My whole life I tried to figure out a way to balance both. Can I move to Los Angeles and bring my two kids and wife along with me and still provide for them while I continually pursue my career as an actor.

Being an actor is not easy. Especially being one who can provide. It takes a lot of dedication and commitment.

I often wonder if I can take care of my family and continue to make my career successful. It's a hard juggle. So far, so good.

3. Learning how to be. Man, how'd that go?

I learned a lot from my Dad and Grandfather. But, to be honest, they came from a different time with a very patriarchal view on how a man should be treated by "his" woman. Growing up with two sisters really taught me as much about being a man as any male figure in my household did. I learned that the man being "the head of the household" is a preposterous way to run a family. If it's not a family, that grows all together equally, then it's not a family.

4. Pieces of a Puzzle on how to be a man.

I can't really think of a specific moment. It's a collection of moments really. I'd watch how my sisters



would be treated by their boyfriends or how my mom would be treated by my dad and parse it out. "That made her happy" or "she feels really disrespected"

I always prided myself as a gentleman. I hope I've lived my life that way. A gentleman, to me, is a man who respects himself but treats all others with that same respect. No matter age, sex, creed, status etc.

5. How did it make you feel

Like I said, it wasn't really one specific moment. But if I saw my sister upset because of the way some boyfriend treated her, it would definitely piss me off. I would always take mental notes like "ok.

That's awful. Don't ever do that to someone"

6. What is the most important issue you'd like to see changed?

I'd like to see men stop with the "boys club" attitude when it comes to women especially. This idea that women are to be conquered and our sexual exploits bragged about. It never worked with me. My friends would brag about some girl they don't remember the name of and how they got them to do this and that sexually. Like they were nothing more than a contest prize. I always thought to myself "where is the respect?"

It's the mentality that has to change.

7. Describe a great man.

A gentleman. Who respects every person he meets. Who treats women, especially, with the respect and equality that they deserve. To me, a real man is one who has equal amount self respect and respect for others. And who acts that way.

8. How does acting fit into your life as a man.

Like I said above, the actual career can sometimes be difficult to merge with a family like and the life of a husband. I have to be careful to make sure everyone gets my time and care. That I can help out with homework, or dishes

or driving places or what have you, whenever I can. The really interesting thing about being an actor is I get to explore men as characters who are nothing like me. Playing misogynists, or sexual predators or plain scumbags is enlightening. You know what lines you would never cross.

9. Greatest challenge for men in the future

Growing up. We're not cavemen. We don't need to conquer women. We don't need to earn the most money. We don't need to immediately resort to violence. This idea that men HAVE to act "like men" never made any sense to me. Because what does that even mean?



Call to Action

If your choice is to be Great then it is time to take action.

We are constantly evolving psychologically, socially, philosophically and physically but we rarely pause to consider what has contributed to us making the decisions we make and how we can change our focus to improve who we are as an individual. There are often major triggers that challenge us and develop new skills such as a promotion, a new relationship or our own self-awareness.

Our programmes draw on the core fields of philosophy, contemporary psychology and neuroscience to take you on a practical, goal directed journey to identify what makes you 'you', to define your aspirations and set a path to achieving them. Most importantly the programmes help you to understand the ramifications of patriarchy in your daily life and shows you how to de-construct these damaging beliefs in order to live a more fulfilling life, have better relationships and to make a difference to others.

The programmes have five phases that recognise that our thinking affects how we feel. These feelings in turn can influence the decisions and actions we take. Fundamental beliefs about ourselves need to be understood in order to set the right goals, identify and leverage our strengths and also to become mindful of our weaknesses and how these can be improved.

'What makes a Good Man Great?'

is the central question this programme challenges you to address, and provides you with the tools to define your path to greatness – personally and professionally.

Logistics

One-on-one or group sessions to establish meaningful dialogue.

Ten sessions of an hour-and-a-half, spread over 10 months which provides time for reflection and action of key concepts.

Location: Group sessions take place in our office in Mona Vale and individual sessions can be face to face or via Skype or FaceTime.

There are other ways to get involved. Join in online on Facebook, Twitter and with the Blog.

[Facebook.com/GoodMenGreat](https://www.facebook.com/GoodMenGreat)

[Twitter.com/GunterSwoboda](https://twitter.com/GunterSwoboda)

[GoodMenGreat.com/blog-medium](https://www.goodmengreat.com/blog-medium)

But foremost get involved in a movement that will make a difference by Making Good Men Great.