

Ian Westmoreland OAM – October 2024

“Mentoring Men – The never Ending Story of Adversity and Healing”

Introduced by Neil Martin, Ian Westmoreland spoke of his moving in 2014 from a senior executive career to pursue his interest in philanthropy and in particular to found Mentoring Men that seeks to provide an environment “where no man walks alone” and Kintsugi Heroes aimed at creating “a world filled with meaningful personal connections”. Both organisations are focused on supporting men and boys.

Ian pointed to the statistics that act as a catalyst – suicide is the number 1 cause of death of men and boys aged 15 to 44, with 1 in 4 feeling isolated, 1 in 5 suffering anxiety and 1 in 8 experiencing depression.

Reflecting on his own life, Ian commented that there came a time when he felt his own need for a mentor. This led to recognition of the benefits of a 1 to 1 mentoring relationship with the mentor a trained volunteer rather than an employed professional.

Ian spoke of the free training provided for mentors (including listening, offering unconditional positive regard and empathy) and of the informal and formal processes adopted to make the mentoring both effective and enjoyable. He aspires for the Mentoring Men concept to go global through the training of many thousands of mentors

Kintsugi Heroes uses the power of stories to effect social change. He pointed to the Native American proverb – “Tell me the facts and I’ll learn. Tell me the truth and I’ll believe. Tell me a story and it will live in my heart forever”

Kintsugi Heroes focuses on a range of themes including natural disasters, mental and physical conditions, violence and addictions, establishes projects related to these themes e.g. Alpine Black Summer Bushfire Recovery, People in Social Housing, Connecting Seniors, then publishing and communicating the results via podcasts, workshops, books and events.

Ian concluded with some personal philosophy especially the importance of using one’s talents and experiences to positively impact the world around you, then offered some memorable and challenging quotes “The two most important days in your life are the day you are born and the day you find out why”, “Some people are so poor, all they have is money” and “I would rather have a Purpose than a Porsche!”

Finally, he introduced the Mentoring Men CEO, Filipe Gama e Silva who spoke about the critical importance of fundraising from Government, Corporations and Individuals.

Following questions including on how Mentoring Men interacts with other organisations like lifeline Geoff McWilliam thanked Ian for his informative and encouraging address.

Mentoring Men can be contacted at “mentoringmen.org.au”

Alan Locke

