

Dr Arne Rubinstein OAM

Global Expert in Transformational Work and Building Healthy Cultures

Dr. Arne Rubinstein is the CEO and Co-Founder of the Rites of Passage Institute and an internationally renowned expert and author. Dr. Arne has dedicated over three decades to reintroducing healthy Rites of Passage into modern society, leading a global movement that has touched the lives of more than 350,000 individuals worldwide.



With a wealth of experience as a medical doctor, counsellor, mentor, and captivating keynote speaker, Dr. Arne's passion lies in empowering teenagers to navigate the path to adulthood with confidence and vitality. His programs, training, and camps have gained recognition from major corporations and esteemed educational institutions across Australia and internationally.

Dr. Arne's influence extends far beyond his homeland. He has graced stages and facilitated leadership training in over 25 countries. In 2018, he led a gathering of 150 men from 42 nations at the European Men's Gathering, and in 2009, he played a pivotal role as a senior facilitator at the first-ever International Gathering of Rites of Passage Facilitators in Hawaii.

Dr. Arne's connection with diverse cultures runs deep. He has had the honour of collaborating with various Aboriginal groups, including the landmark Rite of Passage for Butchulla boys on Butchulla land in Queensland, reviving a tradition dormant for over two centuries.

A devoted father of two young men and mentor to countless others, Dr. Arne leads by example, inspiring individuals to embrace their unique purpose and potential. His ultimate vision is to reintroduce Rites of Passage to the forefront of society, transforming lives one meaningful transition at a time.

In 2024, Arne was honoured with the Order of Australia (OAM) in recognition of his impactful contributions to the well-being of our youth.

Dr Rubinstein's work has been recognised with the following awards:

- Finalist in the Australian non profit CEO of the Year awards 2007
- Winner of the Social Ventures Australia "Tipping Point Award" in 2007
- Nominated for Australian of the Year in 2008
- Winner of the inaugural Social Ventures Australia scholarship to Harvard University business schools to attend "Strategic management of Non-profit organisations for CEOs"

Dr Arne Rubinstein talks about:

Parenting, technology and teenagers: the latest research and tools to help young people be happy and motivated, help parents maintain communication with their teens; and help teens identify their true passion.

Thriving (not just surviving) teenagers: the latest research around teenage health and wellbeing; covering the impact of technology; peer pressure and the relevance of creating modern day Rites of Passage for teenagers.

Disruptive leadership in the digital age: global mega trends and how they will change our lives; empowering with transformational leadership and thriving in a technologically driven work environment.

Powerful women and the role of good men: Do good men really exist?; how to tell the difference between a boy and a man; challenges faced, support required from women; and how to support men to be heroes and change-makers

Contemporary rites of passage in schools, homes and the workplace: the key elements that make up a Rite of Passage and how to support children and adults move through life's stages. Available as staff PD sessions and two-day intensive training with ongoing consultation; this course has been integrated into programs for school and community groups.

Men as heroes and change makers: What is a good man and how to tell the difference between a boy and a man; mentoring boys, understanding the world of women and the feminine archetype.

Client testimonials

“ The turnout of Middle School parents to hear Arne speak was excellent. His passion and experience was evident and the messages he delivered were clear and powerful. Arne involved the audience in a way that reinforced his messages - there was reflection, challenge and a deeper understanding was gained. He is very engaging as a presenter - his story telling blended humour with reality and compassion - and parents left the evening feeling like they had benefited a great deal from attending.

- Jeremy Martin - Head of Middle school - Brighton Grammar

“ Arne's work is especially relevant to the corporate arena as he has a focus on how to build strong relationships and create true work life balance. People love what he has to say and his style is highly engaging and informative as well as humorous.

- Michael Traill, Former CEO Social Ventures Australia

“ Arne presented to our group of over 200 women with good humour and a deep understanding of relevant issues, he encouraged us all to reflect on our own lives and relationships and

definitely wanted to learn more.

- Jane Schmitt LL.B, LL.M.GAICD - Chief Executive Officer AMA Queensland

“ For The Man Cave, Arne and his team have been mentors, business advisors and a reliable sounding board that has helped our business achieve significant growth the past few years. We've impacted thousands of young men, parents and teachers across the country, grown our team exponentially and received global recognition for our best practice programs.

- Hunter Johnson CEO The ManCave

“ As the Executive Chair of one of Australia's largest Impact Investment groups and the Managing Director of Small Giants I am constantly looking for ways to improve and transform personally and to create opportunities for those in my team. I have worked with Dr Arne Rubinstein for nearly 10 years now and attended his Rites of Passage Leadership Training which I also then sent my CEO and multiple members of my team to. His work has had a profound effect on everything we do and I cannot recommend it highly enough for anyone in a Leadership Role in whatever format that may be.

- Danny Almagor OAM Executive Chair IIG

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