



PAUL TAYLOR MC INTRODUCTION

Many of us have been taught to avoid stress, what if this attempt to escape stress is not the solution to the problem?

Paul is going to share with us how to embrace discomfort to not only survive but thrive in the modern world.

Paul is a former British Royal Navy Aircrew Officer and former Adjunct Professor at the University of San Francisco, a Neuroscientist, Exercise Physiologist and Nutritionist who is currently completing a PhD in Applied Psychology, where he is developing and testing resilience strategies with the Australian Defence Science Technology Group & The University of Newcastle.

He was voted Australian Fitness Industry presenter of the year twice and in 2022, he published the book *Death By Comfort* which won the Australian Business Book Award 2023 in the Health and Well Being category.

Ladies and gentlemen, open your minds, fasten your seatbelts but don't get too comfortable, please join me in welcoming to the stage Paul Taylor.