

PAUL TAYLOR BIOGRAPHY

PAUL
TAYLOR



A former British Royal Navy Aircrew Officer and former Adjunct Professor at the University of San Francisco, Paul is 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 is the Director of Paul Taylor Consulting, where he delivers stress fitness (resilience 2.0), leadership and performance workshops to companies such as Oracle, SAP, PWC, NAB, CBA, BUPA & the Australian Military.

In 2010 Paul created and co-hosted the TV series Body and Brain Overhaul and he appeared regularly on The Biggest Loser TV series as a subject matter expert. He was voted Australian Fitness Industry presenter of the year twice and in 2022, he published the book Death By Comfort.

Paul is the host of [The Paul Taylor Podcast](#), and his latest venture is The Mental Fitness Project, an online program and App that is currently used by a number of Corporations and has proven benefits for resilience, mental wellbeing and levels of burnout of participants.

Paul has a proven track record in Leadership and dealing in high-pressure situations, through his former roles as an Airborne Anti-submarine Warfare Officer and a Helicopter Search-And-Rescue Crew Member with the Royal Navy Fleet Air Arm.

He has undergone rigorous Military Combat Survival and Resistance-to-Interrogation Training and in 2012, he became a professional boxer. In 2019, he took up Karate to create memories with his kids and in 2021, both Paul and his 10-year-old Oscar became Australian Karate Kumite (combat) Champions.

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Qualifications	Web Stuff
<ul style="list-style-type: none">• PhD Scholar (current)• MSc Exercise Science• MSc Human Nutrition (with distinction)• PG Cert in Neuroscience• BSc Hons• ACSM Health & Fitness Instructor• Certificate IV in Workplace Training• Certificate IV in Fitness	Paultaylor.biz The Paul Taylor Podcast The Mental Fitness Project App Store The Mental Fitness Project Google Play

