



## Andrew May Introduction.

Andrew May is considered one of Australia's leading speakers on human performance, resilience and leadership. He thrives on helping others reach their full potential and his career highlights include:

- Coaching multiple national and Olympic athletes in a range of sports including tennis, swimming, hockey, basketball and AFL. He worked as the Physical Performance Manager for the NSW and Australian cricket teams
- Selling *Executive Health Solutions* to the ACCOR hotel group and The Performance Clinic to KPMG, where he worked as a partner for 3 years
- Best-selling author of *MatchFit*, with over 85,000 copies sold
- He has a regular segment on ABC News Breakfast and a popular podcast for small business owners called *Business Fit*
- CEO and founder of digital wellbeing consultancy **StriveStronger.com**

Andrew is a trusted coach and confidante to a number of Asia Pacific's leading CEO's and executives, elite athletes and performing artists and he is the Mental Skills Coach for the Manly Sea Eagles NRL team, and former Mental Skills Coach for the Parramatta Eels.

Ladies and gentlemen – please get ready to be informed,  
to be inspired and to be entertained by – Andrew May.

