

We all know the world today is fast paced, confronting and chaotic. From wars and natural disasters to accidents and trauma, the workplace and the Homefront.

There aren't enough hours in the day for everyone else's needs let alone looking after your own! No wonder people struggle to stay in good Mental Health!

One way to stay ahead of the game and maintain an inner strength is Noble Self-Leadership. Being self-ish to be self-less. So, let's get selfish!

To guide the way is a true Noble Leader. He received the Distinguished Service Cross for his command and courageous leadership under fire in Afghanistan. He spent 20 years flying military helicopters and then following a breakdown and suicidal ideation, another 10 years flying civilian search and rescue.

He is also a mental health ambassador and was recognised as a 2023 community Citizen of the Year.

To share his secrets on Noble Self-Leadership please welcome Kevin Humphreys DSC.