

## **Kevin Humphreys bio**

Kevin Humphreys DSC served in the Australian Army for 20 years flying Black Hawk and Chinook helicopters, deploying on multiple missions around the world and undertaking a variety of roles including Commanding Officer. He was awarded the Distinguished Service Cross for his command and courageous leadership under fire in Afghanistan.

Following his military service, he spent a decade as a civilian search and rescue pilot, Chief Pilot and Director despite having lived experience of PTSD, depression and anxiety. Kevin is the Mental Health Ambassador for AIRBUS Australia Pacific, a contributor to international media, regular podcast guest and sought after international keynote speaker on leadership and mental health.