



2019 ESSA INNOVATION & PRACTICE FORUM

4 - 5 MAY 2019. MELBOURNE, VIC

Mr Alastair Lynch *Keynote Presenter*



Alastair Lynch is a former professional AFL footballer best known as the three time premiership winning full forward for the Brisbane Lions. Alastair is currently a commentator for FoxSports AFL channel, FoxFooty, Director of HBP Group, a Health and Wellbeing Company, and a Director of Gravitas Leadership Group. Alastair has recently been appointed Ambassador for St Lukes Health and is a Board member for the Wicking Dementia Research and Education Centre, a part of the College of Health and Medicine at the University of Tasmania.

In his mid-20's, at the peak of his athletic career, Alastair's quality of life and sporting career was impacted by a mystery illness which was later diagnosed as Post Viral Syndrome, or Chronic Fatigue Syndrome. After missing all but one game in the following season, Alastair then returned to play a further 9 years with the Lions team that went on to win 3 straight Premierships from 2001-2003, going down in history as one of the greatest AFL teams of all time.

Alastair is a member of both the Fitzroy and Tasmanian Team of the Centuries, as well as the Tasmanian and Queensland Sporting Halls of Fame, and holds the status of Icon in the Tasmanian Football Hall of Fame.

In his business career, he has followed his passion for assisting others with maintaining or achieving a high level of health, leadership and AFL Football.

Alastair is in high demand as a corporate motivational speaker. He discusses his physical and mental battle to return to full health and to professional sport, as well as the leadership that saw the Brisbane Lions go from last on the ladder in 1998 to a triple premiership superpower by 2003.