



**Paul Taylor**

A former British Royal Navy Aircrew Officer, Paul is an Exercise Physiologist, Nutritionist and Neuroscientist who is currently completing a PhD in Applied Psychology, where he is developing and testing resilience strategies with the Australian Defence Science Technology Group & UTAS. He is the Director of The Mind-Body-Brain Performance Institute, where he delivers resilience, leadership and executive performance workshops to companies such as NAB, CBA, J&J, Oracle, SAP, PWC, BUPA and Medibank and the Australian Military. Find out more at [www.mindbodybrain.com.au](http://www.mindbodybrain.com.au)

# A NO BULLSH\*T APPROACH TO RESILIENCE

COVID-19 has clearly had a very negative effect on the fitness industry, and is taking a toll on business owners and employees. The below video from Paul Taylor contains some powerful lessons from ancient philosophers and even prisoners of war, that we can all use right now to help position us in a more positive mindset.

