



SPEAKER

SCOTT HENDERSON

THE GO-TO VOICE FOR HEALTH & MODERN MANHOOD

SCOTT HENDERSON UNDERSTANDS ALL TOO WELL THAT EDUCATING PEOPLE ABOUT HEALTH ISN'T ENOUGH – YOU HAVE TO SHOW THEM HOW TO MAKE WELLBEING AN INTEGRAL PART OF THEIR LIFESTYLE.

As the former editor and creative director of Men's Health magazine, and through his online men's wellness portal and Nova podcast, Live Life in Sneakers, Scott reaches a sizeable audience ranging from avid gym-goers through to everyday Aussies who want to look after themselves better but have no idea where to start.

Scott is a regular health and men's lifestyle expert on Seven Network's Sunrise, and having contributed copy to nine.com.au, Vogue, Marie Claire, Who and Women's Health, Scott has established a reputation with Australians for trustworthiness.

Having worked in the sports, health and fitness industries across the UK, USA and Spain, Scott has both the technical skills and the creative imagination to produce content that cuts through the noise, satisfies audience desire and reflects our constantly changing world.

Scott also recently released his first book, The Manual – a contemporary blueprint for modern manhood centred around life, health and happiness, and is in the early stages of writing his second book.

CONNECTING THE DOTS

Scott speaks to a holistic approach to men's health with an emphasis on the physical and mental health connection. As a result of his qualifications and experience Scott's areas of expertise include fitness, mental health, mindfulness, body image, the promotion of health literacy and LGBT health promotion.

THE GREATEST OUTDOORS

When not driving the desk, Scott can be found out in the wilderness; on the trails, in the surf or on the slopes. An adrenaline junkie? Perhaps, but there's more to it than that. The health benefits derived from time in nature are what keep calling Scott back to the wild, and these immersions allow him to harness that energy and apply it to modern life. From resilience to relaxation, cliffhangers to clarity, learn the healing powers of nature before getting amongst it yourself.

SCOTT IS AVAILABLE FOR:

- MC & EVENT HOSTING
- PANEL PARTICIPATION

