



GRAEME COWAN
CREATING THRIVING TRIBES

Graeme Cowan: Introduction

Graeme Cowan worked in senior leadership positions with Johnson & Johnson, Pfizer, and AT Kearney. In 2000 he went through a 5 year episode of depression that his psychiatrist described as the worst he had ever treated.

He emerged from this crisis with a different view about how we can build our own resilience and mental fitness to thrive through disruption and change.

His third book, *BACK FROM THE BRINK*, was released in 2014, with a Foreword written by the actress Glenn Close, and a testimonial from the former UK Prime Minister Tony Blair.

He is a Board Member of R U OK?, and was instrumental in helping Gavin Larkin and a small team, create and grow this extraordinary movement.

Please welcome Graeme.