

# DR CAM MCDONALD

Accredited Exercise Physiologist

Accredited Practising Dietitian

Every individual is looking for and is profoundly more engaged with information that relates to their unique make-up and circumstances, your next event can deliver that to them.

There are very few keynote speakers that are able to reach each audience member and have them feel like there is a message specifically for them. Dr Cam McDonald is one of those speakers.

In a world of increasing personalisation and precision, individuals in every organisation and community are wanting to know how they are different, and how that uniqueness needs to be supported in order for them to live a healthier, more fulfilling and connected life.

From high performance to disease reversal, from corporate leadership to personalised learning in schools, wherever people interact and apply themselves, Dr Cam is able to tailor his messaging to foster greater self-awareness, and inspire action that creates sustainable and positive change towards each person's version of fulfilment.

Since 2003 Dr Cam has dedicated his life to understanding how to optimise health, performance, leadership and happiness through both physical and mental wellness.

Starting by qualifying as a Dietitian, and Exercise Physiologist, he then went onto complete his PhD in lifestyle medicine for breast cancer survivors.

In 2014, Dr Cam was chosen to lead the clinical application and education of the world's most advanced precision health platform, Shae. Working in collaboration with the leading international medical doctors, geneticists, allied health professionals and academics, he came specialise in the ability to communicate these very complex principles of how we are different through inspiring, tangible, interactive and personalised experiences to empower individuals to take action in a way that fast tracks performance and wellness.

In his current capacity as COO of Shae, he speaks internationally, leads health professional education of precision health, and comprehensive personalised wellness programs around the world with corporate leaders, multi-national organisations, Olympic athletes, those with chronic disease, and school educators and children.

Dr Cam's grasp of what matters to you, and his communication of that information makes him one of the greatest speakers of his generation.