

Richard's success as an executive business coach, high level mentor and mental toughness advisor stems from his absolute passion for supporting people and understanding the key insights needed to achieve their hopes and dreams.

Richard leads the way in this new field of Mental Toughness development by researching new methodologies, attaining the key results you want.

Never too old to learn, at the age of fifty-five Richard swam the English Channel from a completely non-swimming background and for 3 years after this achievement held the record of oldest Australian male to accomplish this great feat. It took him 22hours, 45 mins and 17 secs and his dedication and persistence certainly came to the fore.

A continuous improvement master Richard has now created The Knight Owl bringing Mental Toughness diagnostics, coaching and workshops that enable you to find your next level.

