

John Brogden AM

Business & Public Leader, Keynote Speaker on Mental Health

A passionate and charismatic speaker, John Brogden is an outstanding advocate for mental illness. He shares his experiences of depression and suicide with honesty and bravery and challenges the common misunderstandings of living with a mental illness.

“They say the comeback is greater than the setback”

As one of Australia’s leading politicians and now a business leader, John Brogden is living proof that even from the darkest places, there can be a way back. Whilst John has reached the highest levels in his professional career, his personal journey is one of highs and lows, strength and courage.



More about John Brogden:

John’s career in politics started when he became a Member for Pittwater in the NSW Parliament in 1996. In 2002, he was elected Leader of the Opposition on his 33rd birthday – the youngest person ever to lead a major political party at Federal or State level in Australia.

However, it’s John’s personal story that best illustrates his resilience and his incredible ability to come back from the lowest of lows. His willingness to share the details of his journey to recovery make him a compelling and inspirational storyteller.

John was diagnosed with depression in early 2006 following a suicide attempt in 2005. His passion for mental illness stems from a breakdown that marked a turning point in his life and reframed the discussion around depression, particularly in the corporate world. Thanks to his profile, John has changed the way we talk about suicide and in turn, is helping thousands of individuals through his involvement with Lifeline Australia as Chairman.

John is also the Chairman of Furlough House Retirement Village and Patron of Sailability Pittwater, Bilgola Surf Lifesaving Club, Avalon Beach Surf Lifesaving Club and Kookaburra Kids. He was appointed to the Board of Landcom as Chairman in January 2012 and became Chief Executive Officer in May 2018. From 2015 to 2017, John was the Managing Director & Chief Executive Officer of the Australian Institute of Company Directors (AICD). Prior to this, he was Chief Executive Officer of the Financial Services Council from 2009 to 2015, and Chief Executive Officer of Manchester Unity from 2006 to 2008.

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