

Dr Andrew Rochford

Wellbeing and Medical Health Speaker and Host

Dr Andrew Rochford is one of Australia's most popular media personalities and medical health experts. His television roles have included appearances on Channel's Nine's *The Block*, National Health Editor of Channel Seven's News and panelist on *The Project* (Channel 10). As co-host of Channel 10's primetime quiz show, *Pointless*, he has appeared on screens five nights a week.

An authoritative voice on current health practices, especially preventative health, digital health innovation, mental health and health issues facing men, Dr Rochford is in high demand as a keynote speaker and event host.



More about Dr Andrew Rochford:

Andrew is a Graduate of The University of Sydney Medical School (Bachelor of Medicine / Bachelor of Surgery), completing the graduate medical program with honours. To compliment this he also holds a Bachelors Degree in Medical Science from the University of Sydney, majoring in Anatomy and Neuroscience. He has been published in the journal *Neurosurgery* as part of a research project for the Cerebrovascular Centre at Royal North Shore Hospital in St Leonards, Sydney. His specific medical interests include paediatric medicine, intensive care and neurosurgery.

Andrew made a public name for himself on television in 2004, when he competed in *The Block* with his partner Jamie - he and Jamie won the series.

In 2008, he hosted the *Waiting Room*, a medical based factual reality program also on the Nine network. Demystifying medical myths for TV goes hand in hand with his work as a surgical trainee at the Royal North Shore Hospital.

As the resident medicine man and human guinea pig of *What's Good for You* team on the Nine Network he ate fifteen kilos of carrots to see whether his eyesight improved, stung himself with bluebottles to test five different remedies and waxed one side of his body to see if the hair will grow back coarser and darker.

Andrew has written columns for *Woman's Day* and *Australian Men's Fitness* as their resident Doctor, and made fortnightly appearances on *Mornings with Kerri-Anne*, covering medical issues.

A husband and father of three children, Andrew is passionate about family, fitness and health. He has been an ambassador for a number of causes and charities, including the Murdoch Children's Research Institute and DrinkWise, which primarily focus on health related issues in our community and the promotion of an active lifestyle for all Australians.

Andrew talks about:

Men's Health - The simple health checklist that every man needs to follow.

Leadership, Teamwork and Crisis Management - Andrew reflects on his time in emergency, with some fascinating anecdotes and stories and how they relate to the modern day business and organisational environment.

Work-Life Balance - How to maximise your time so that you can stay healthy, have fun and achieve more at work without sacrificing your life. Dr Rochford draws on his own experiences working two sometimes three busy jobs, whilst having a young family and looking after his health, to show how it is possible to have it all.

The Essential 20 - Dr Rochford shares his top 20 proven health tips and tricks that everyone should know and practice for a productive and healthy life.

The Secrets to Living Longer - Learn from what the longest living, healthiest communities on the planet do to live a longer, happier and healthier life.

Brain Training - Dr Rochford explains how you can harness the untapped power of your mind to help tackle life's tough decisions, think clearly and get ahead.

Healthy Workers are Productive Workers - How to use simple health tricks to maximise productivity in the workplace.

Investing in your Health Future - Discover the simple things you should be doing now to get the most out of your life today, tomorrow and beyond based on predictions about what the future of health looks like.

Each topic can be tailored to suit the particular audience, and additional topics are available on request.

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