Our next speaker went from high-flying corporate dad to flat on his back, after a cycling crash shattered his spine and his identity.

Five fractured bones. Two shattered vertebrae. A crushed spinal cord. Sliding a centimetre up his bed was a win.

Mark slowly rebuilt his life one step at a time.

He is here to share how we can all find our feet again, and rise to reach our potential.

He is a former senior corporate leader with extensive global experience in complex negotiations, strategic marketing and performance improvement. His memoir A Fraction Stronger has won 16 international awards. He has been published in business, lifestyle and travel magazines, and appeared in national newspapers, radio and television.

He once starred as Oliver Twist, but he promises not to break into song.

Please welcome Mark Berridge.