

Staying Well in the Law - From Good to Great: Maximising Performance from a Brain-Based Perspective

Thursday 23 November 2023 – 12.00pm – 1.30pm



Dr Dave Anthony

CEO and Co-Founder, Mantle Health

Dave is an endorsed psychologist with almost 20 years' experience across a range of environments, including corporate, sport, defence, and government sectors. With his experiences in a range of male dominated environments, one of Dave's underlying passions is changing the way Men do Mental Health and improving their quality of life.

His Doctorate involved exploring the psychosocial factors that lead to the enhancement of human functioning, and developing strategies for the enhancement and maintenance of performance with the West Coast Eagles.

Dave enjoys learning and continues to be involved in and incorporate research into his practice, ensuring his professional approach follows the most up-to-date

empirical methods.

He works closely with a range of organisations to provide specialist psychological advice on current best practice, and the practical application of the current theoretical trends. Overall, Dave prides himself on providing specialist psychological services that help clients to improve and maintain good mental health in ways that they can best identify with and benefit from, regardless of their starting point.

Dave is in his mid 40's, married and a doting father. He loves to spend time with his wife, family and mates, surf, travel and get outdoors.



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