

Ross Anderson introductory video - Part two**Podcast transcript**

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Whose face is this? Who is this guy? Well, let me introduce myself. My name is Ross Anderson. I'm a speaker, psychologist and wellbeing consultant who specialises in wellbeing sciences and human optimization. Essentially I help people optimise their minds and bodies so they can realise their potential. And I am now ACCA's new wellbeing ambassador. But why did they pick me? Well, predominantly because of my struggles, my skill set and my successes.

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10 years ago, I was in a completely different place than I am now. I was struggling with mental and physical issues, IBS, autoimmunity, and then the psychological depression and intense anxiety. I was diagnosed with panic disorder and put on medications and I even struggled with addictions and other challenges. And those circumstances were the catalyst - the catalyst for me to go on a mission exploring the mind and body. 10 years of research into areas such as psychology, neuroscience, meditation, nutrition - where I became a psychologist myself. And throughout that journey, throughout that process, I got back to a good place. I got back to a good place, and then after that I decided I wanted to go on a more purposeful path, helping others. And that's what I've been doing. Now, that's what I've been doing for the last several years - helping people really realise their potential.

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And that's why I'm here today. I'm here to help you guys, to empower you and also to honour the fact that when someone - when a human being is on a growth phase, whether it be, you know, athletically or academically or throughout your career, they will experience stress, you will experience anxiety, it will impact their mental wellbeing. That's normal. But what isn't normal is that we are disempowered when those challenges arise, when they come to the forefront. We don't have the tools generally, we don't as human beings have the tools to meet them with a calm confidence - instead we crumble. That's the problem. The problem is not the problem themselves. The problem is the fact that we don't have the tools to deal with these inevitable challenges. So that's why I'm here. I'm here to fill this platform with resources to help you guys - things like podcasts, videos and articles on topics such as meditation, anxiety, sleep, and much, much more.

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So my challenge to you is that you go all-in. I always say have an experimenter's ethos. That is, go all-in, wear it, try it on for size because quite quickly, you will realise that these tools and these resources, if implemented, will make you feel empowered, will help you live a happier, healthier, more fulfilling life. And more to the point will allow you and enable you to run your days versus your days running you.

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