



Saint Stephen's College

After I graduated from Saint Stephen's College in 2006, I was accepted into an undergraduate Business Law Degree at Bond University. I completed this Degree in 2009, at the age of 20. I didn't know much about the world, but I did know enough by then to realise that I didn't want to be a Solicitor. I had a solid grasp of the judicial system and was well practiced in interpreting legislation and presenting evidence in a court setting. I was also young, energetic and considered myself to be quite fit and healthy. At the time there seemed to be only one obvious choice, and that was to become a Queensland Police Officer.

From 2010 to 2014 I worked as a frontline Police Officer in the areas of General Duties and the highly regarded Child Protection and Investigation Unit. During the course of my duties, I responded to countless critical incidents, which significantly impacted my mental health. In 2014, I made the difficult but empowering decision to resign from the Queensland Police Service in an effort to reclaim my mental health. To improve my mental health I began training for and entering in a number of endurance events including Spartan Obstacle Course Races, marathons and ultra-endurance events. I found great solace in the