

Christian 'Boo' Boucousis – Intro

Our next speaker, Boo, has his head in the clouds and his feet on the ground. From the age of six Boo dreamt of becoming a fighter pilot - a dream he fulfilled 15 years later.

Boo has implemented the lessons he learned, whilst at the peak of his physical and mental performance, to power his well-lived life. To date, he has achieved six major life ambitions and conquered one debilitating auto-immune disease. As a bestselling author, Boo is also a living, breathing example that you can achieve anything you set your mind to. He is obsessed with performance: he blogs, writes, coaches and mentors all things "deep" performance, and defines his success by the success of those he works with.

Now let's get ready to climb to 50,000 ft!

Welcome Boo!