

Brett Lillie 
REDISCOVER YOUR ATHLETE WITHIN



Biography

'If everyone in my audience is able to take one bit of information on board and transform just one aspect of their life, then my job is done.'

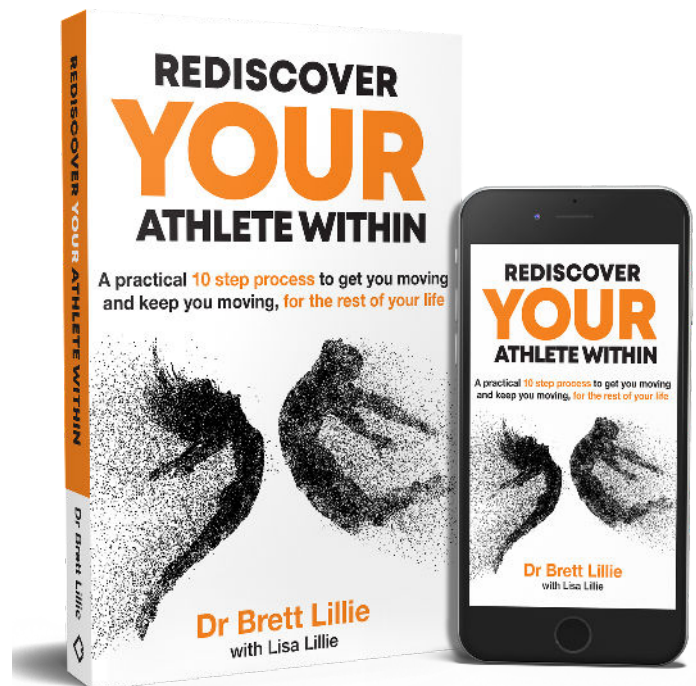
Dr Brett Lillie

Dr Brett's heartfelt desire to help people find answers and solutions where there seem to be none has driven him to never stop learning, never stop chasing.

Beginning in science, a zoology degree grew into a Chiropractic Master (class of '97) followed by post-grads in Paediatrics and skeletal medicine. Dr Brett set up his own clinic in the heart of Sydney and through the years practicing, he helped hundreds of clients overcome barriers while constantly striving to grow and be open to change. His uncanny ability to be drawn towards visionaries who push boundaries in their own fields, whatever part of the world they reside, made Dr Brett travel across many oceans to study from the best in rehab, dentistry, sleep and chronic pain. A cross pollination that spans across many disciplines, his true love being movement and performance.

Over 20 years spent in practice untangling difficult cases and his very own personal health battles have challenged him to be (and do) more. Noticing repetitive, predictable patterns and outcomes when working with clients in the clinic, Dr Brett decided to create a 10-step process to inspire people in their mid years reconnect to that part of them that was active and regain confidence in their athletic skills. Now a book, "Rediscover Your Athlete Within" encompasses Dr Brett's knowledge and experience and offers great insights and tools to help people go after the future they've always dreamt of but never dared chasing.

Dr Brett's been presenting from many (live and virtual) stages across Australia and inspired his audience to take action. Everyone who's met Dr Brett has been touched in a way or another by his free spirit, his deep knowledge, his caring heart, love of life and contagious laughter. Today, he lives in Tasmania with his family, in a house on the side of a mountain. And when he's not helping someone rediscover their Athlete Within, you can find him running up and down the hills of Hobart, taking in life and the magical view.



'When you rediscover and embrace the athlete you harbour within, you're opening up the doors to possibilities, to a future where you can be the best version of yourself, your life has meaning, your career is thriving and your heart just sings.'

Dr Brett Lillie



'Dr Brett makes you see things in a different way, challenges your thinking and is incredibly curious. A conversation with him is always interesting and rarely goes as you expect'

Lucas Kolenberg



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