



School of Continuous  
Professional  
Development

## HIGH PERFORMANCE RESUSCITATION TEAMS - 2024

Guest Faculty Biography

### Paddy Steinfort

Paddy Steinfort is a globally recognized performance coach with over a decade of experience in helping elite athletes, military personnel, and corporate leaders achieve peak performance. With a unique blend of psychological insights and practical strategies, he's become a sought-after expert in resilience, mental toughness, and leadership. Paddy's career is marked by his work with top-tier organizations and teams, including the Boston Red Sox, Philadelphia 76ers, and the Australian World Cup and Olympic teams. His innovative approach combines cutting-edge research with real-world application, empowering individuals and teams to overcome challenges and thrive under pressure. Paddy holds a Master's degree in Applied Psychology from the University of Pennsylvania and is a frequent speaker at conferences and events worldwide. He is also a published author, contributing valuable insights to the fields of sports psychology and performance coaching.

