



School of Continuous  
Professional  
Development

## HIGH PERFORMANCE RESUSCITATION TEAMS - 2024

### Guest Faculty Biography

### Paddy Steinfort, BPhysio, MAPP

As a former professional athlete himself who has since gone on to coaching and leadership roles in multiple sports - including the Boston Red Sox (MLB), Philadelphia 76ers (NBA), Toronto Blue Jays (MLB), and most recently the Australian men's and women's national teams (FIFA) across two World Cup campaigns - Paddy has an intimate understanding of high stakes, high pressure situations and the practical tools available for performance enhancement. Along the way has now been part of the coaching & development for MVPs in 4 of the top leagues in USA (NFL, MLB, NBA, WNBA), and this experience is only bolstered by his academic background: he holds a Bachelors degree in Physiotherapy, and a Master's degree in Applied Psychology from the University of Pennsylvania, from which he graduated with distinction. He now exclusively operates as psychological advisor to world leading institutions like the US Army, NASA, and multi-billion dollar finance firms now that he is based in NYC. In addition to his work in the field with practitioners who deal with extreme pressure daily, he also hosted the Toughness podcast, a collaboration with the human performance initiative of the US Army that interviewed leading practitioners and coaches from multiple arenas to uncover the processes that help them overcome pressure and stress on their way to success.

