

BIO

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PROFESSIONAL EXPERIENCE

Paul is the Co-founder, Managing Director and Speaker at The Open Mind Institute, also known as 'TOMI'.

TOMI is a mental wellbeing, mindset and performance training service provider, delivering events, coaching and workplace solutions to businesses, individuals and learning institutions.

Before TOMI, Paul was a litigation lawyer for 10 years and worked in various leading law firms and departmental organisations in London, Melbourne and Brisbane.

Paul has a double bachelor degree in Law & International Business, certificates in Cognitive Behavioural Therapy, Training & Assessment and studied Behavioural Science before going into the law.

Paul's articles on wellness, meditation & mindfulness have been published in Proctor & Wellness Daily and he frequently appears on panels, podcasts & in the media on how to open minds & accelerate potential.