

July Wellbeing Month

SPEAKER BIOS



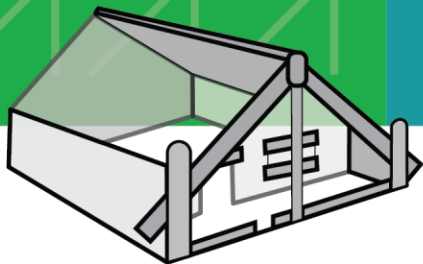
MAJ David Edgar is the Officer in Charge of the Physical Performance Squadron. David has a background in both Defence and elite strength & conditioning and Sport Science with professional rugby and professional sport. He has held various heads strength and conditioning positions from ITM Cup to Super Rugby, has also worked internationally with Samoa during two rugby world cups, leading the physical performance and sports science programs, and has also won the IRB Sevens World Series with Samoa. He is the NZDF's "doctor of sleep and recovery".



MAJOR Jacques Rousseau
Major (Dr) Jacques Rousseau is the Officer in Charge of the JSG Human Performance Cell. Jacques has a background in Exercise Physiology with expertise in Clinical Exercise Physiology. He has worked in clinical settings focusing on physical wellness and exercise rehabilitation programmes regarding musculoskeletal injuries and chronic diseases. Not only has he worked in the clinical exercise physiology setting, but has also been involved with sport; coaching and training field hockey, track and field, tennis and cricket.



He taonga te hauora
Wellbeing is our most precious thing



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WGCDR Caro Pezaro is the NZDF Deputy Director Information Warfare. She is married with two children and like many is juggling her family and work commitments. Speaking from personal experience Caro will discuss burnout, workload and how we might approach managing the competing demands in our lives without internally combusting.



LTCOL Kearney joined the NZDF in 2000, and has served in a diverse range of roles including direct support to units and service members, training, support to operations and command positions. He has deployed operationally throughout his career, including to Timor Leste, the Solomon Islands and Afghanistan. He has participated in a number of international research working groups, including the Five Eyes Technical Co-Operation Programme, and was part of award winning projects on individual resilience and training for high risk occupations. LTCOL Kearney is a Registered Clinical Psychologist, a chartered Organisational Psychologist, and a graduate of the United States Marine Corps Command and Staff College. After leaving the regular force in 2015, he worked in both the public and private sector. In 2020 he re-enlisted into the regular force and was posted to the Chief Mental Health Officer role. LTCOL Kearney is eager to make a contribution to the Mental Health of kiwi service members, and is particularly passionate about;

Early identification and support for mental health
The relationship between work and mental health
How mental health might be different in a military context
How peers, whānau and mates might be better equipped to support one another's mental health



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