



DR DARREN GREEN

Neurowellness Consultant and Keynote Speaker | Eventing Medicine Specialist |
Multimedia Medical Doctor | Sports and Emergency Medicine | Corporate Events
Manager

ABOUT

Dr Darren Green was born in Pietermaritzburg and later moved to Port Elizabeth where he attended West End Primary and Grey High School. His journey was a remarkable one, where he flourished in provincial sports while becoming Matric of the Year and the Junior Mayor of Port Elizabeth. Darren relished in multiple opportunities and epitomised the balance of academics, sport, and culture during this and future seasons of his life.

He completed both his undergraduate degree in Medicine and 4 years of postgraduate training in Neurology and more recently finished off a master's in Sports and Exercise Medicine, at the University of Stellenbosch.

He achieved many accolades of great distinction whilst completing his medical degree, among the most spectacular being Honorary Awards for Leadership and Service, as well as serving as the chosen Parliamentary Representative for discussions on Vocational Training and Community service.

He was also elected as the youngest president of the South African Medical Students Association. He served on the Tygerberg Students' Representative Council Executive Committee for student interests and actual matters as well as the JUDASA Provincial Executive Committee.

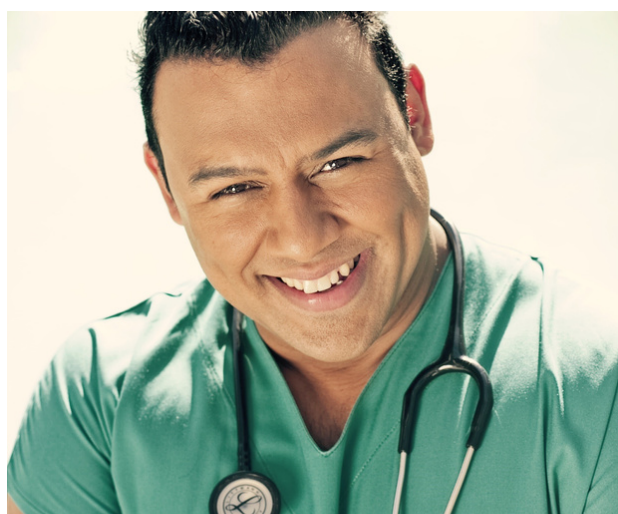
Darren has achieved and served our country on Provincial and National level in various domains. He achieved provincial colours in rugby, athletics, and tennis and was offered a scholarship to play rugby at Maties after school. During his Varsity years, he achieved the honour of being selected for WP U21 sevens squad and was shortlisted for the SA U23 rugby squad before bowing out of competitive rugby due to a shoulder injury.



MEDIA AND MEDICINE

Currently Dr Darren Green operates as an Event medicine specialist, heading up the corporate events department for Mediclinic Southern Africa. This entails oversight of all medical support to major events, setting up the pre-hospital and field hospital infrastructure with niche expertise and ICU capability in remote sites. Darren functions as the Chief Medical Officer for many international sporting events including the World cup rugby Sevens, British Irish Lions tour, Cape Town Cycle tour, Absa Cape Epic and Cape Town Marathon.

He also consults globally on Executive Corporate applications of Neuroscience in both business and high-performance sports. He is a senior Brain coach and Neuro-Wellness Consultant for Neurozone Global, speaks on pertinent health matters linked to Behavioural Economics, and is actively practising as an Emergency and Sports Physician.



Darren has become an authority in the Media Health and Wellness space after gracing the radio airwaves on the 94.5 KFM Breakfast show with Ryan O Connor - this catapulted his popularity as one of the country's most engaging health personalities. His portfolio on radio has subsequently grown over the past decade where he was the resident Medical health expert on 567 Cape Talk as well as running the #Heartmindsoul wellness feature on HeartFM breakfast for several years.

Following on from this, his influence spread in print media where he became a National columnist for IOL and had 2 weekly pieces in the Daily News in KZN as well as the Cape Argus eventually directing him to spearhead many health and lifestyle initiatives nationwide.

He is no stranger to our TV screens and continues to inspire millions of viewers through various productions including being a regular multimedia health specialist on the popular Espresso Breakfast show. Highlights include "Doctors Orders", where he was nominated for a SAFTA award as best presenter, "Tussen Ons" and currently, his own show on Kyknet entitled "MEDIES met Dr Darren Green".



He is in the business of actual Health - challenging mind sets and paradigms pertaining to holistic wellness rather than just physical health. Darren loves simplifying complex medical issues and illuminating useful aspects for practical benefits to patients. His passion is teaching and empowering people with an understanding and insight into the mind/body connection and shifting human capacity.

Dr Darren Green has earned respect he now enjoys on various media platforms including television, radio and publication media. He certainly challenges mediocrity and uses his vast experience and professional speaking skills to enlighten both the professional and greater public with his creative flair. Darren shares a wealth of knowledge from his clinical experience in both the private and public health sectors and explains medical concepts with contagious passion and energy.



MUSIC

The singing doctor also became a popular finalist in the first season of the SA POP IDOLS competition where he was a well-loved persona. A wide array of achievements has paved the road to his success and he has been entertaining crowds throughout the country with guest appearances, judging, hosting and motivating at numerous events.

His opera training has been under the auspices of the late renowned international tenor Sir Lloyd Strauss Smith as well as Prof Virginia Davids at the UCT Opera School -SA College of Music. He was also requested to perform as guest artist for Mandela's 90th birthday as well as for Archbishop Desmond Tutu's Ubuntu campaign.

Darren also accomplished - In Fusion, a suave and stylish album which Darren describes as "a variety of styles ranging from contemporary ballads and pop rock to elements of lounge."The album comprises six original tracks and seven artfully chosen cover tracks.

This captivating album was the first South African Pop album to be mastered at Abbey Road Studios in London by Geoff Pesche, responsible for the likes of Coldplay, Sting, Kylie Minogue and Simon Webb (Blue). In Fusion was produced by Helmut Meijer from Stellenbosch.



MOTIVATION



Known to most as the singing doctor, he continues to grace a veritable plethora of audiences nationwide with his magical presence, motivational esteem and gusto charm. His accolades are vast and a remarkably diverse scroll of distinction sets him apart from many other high profilers. He has a passion for people and at his core lies what he believes is his calling in life - enhancing capacity.

He is a riveting inspirational speaker and a grounded interactive facilitator who commands authority whilst inspiring change. His unique personal experience and life struggles add flavour to his story and enable him to connect with all walks of life.

His personality is energizing, positively charged and when he enters the room his presence is gripping. Dr Darren Green engages with various socio-economic groups on actual health and social matters and relates to both English and Afrikaans audiences with great ease.



His corporate wellness programs and innovative change sessions are refreshing and challenging. His latest talk: "Turning Turmoil into tenacity" is sure to bring loads of positivity to any audience or workplace. Focused talks and well known topics include:

"Change through innovation - Releasing the handbrake on capacity."

"Dream destroyers - What is stopping you?"

"Redefining Wellness in the Millennial era"

"Staying dynamic in times of change - a practical guide."

Darren currently resides in Cape Town and is husband to Monique, an occupational therapist from Somerset West, and father to 2 boys aged 13 and 11 years. He declares parenting as one of the greatest learning experiences and privileges on earth and cherishes the opportunity to facilitate human capacity and inspire people.





ACCOLADES & INFLUENCE

Medical and Management

Medical Manager: MEDICLINIC Southern Africa Corporate events	External Events and Medical Consultant SARU	World Rugby Faculty Trainer for South Africa	Rugby World Cup Sevens 2022 Medical Lead
Event Chief Medical Officer: British Irish Lions Tour 2021	World Athletics Medical Director: CT MARATHON	Chief Medical Director: Cape Town Cycle Tour	Chief Medical Officer: HSBC WORLD SEVENS, Cape Town
Chief Race Doctor: ABSA CAPE EPIC and WINES 2 WHALES	JUNIOR SPRINGBOKS - Medical team consultant 2018	SA U20 Women's Rugby Medical Team doctor 2019	External Medical advisor SANAP: Department of Environmental Affairs



LEADERSHIP AND INFLUENCE

Grey Foundation Trust Board Member	Stellenberg High School Governing Body Member	Neurodiversity Trust Board Member	Facilitator and Brain Neurowellness consultant : Neurozone Global
Allan Gray Guest Speaker Series: GSB business school	Standard Bank Business Leadership Seminar: Keynote Speaker: Applications of Neuroscience in Business Leadership.	US Business School: Previous Senior lecturer for Neuroleadership	Residence Head: Hippokrates Medical Residence 2006- 2010





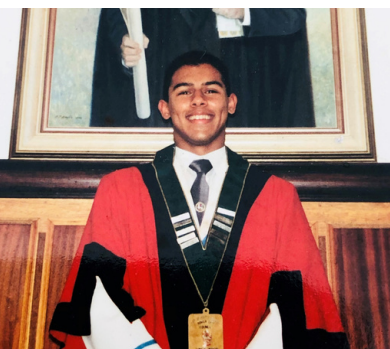
KEYNOTE LEGACY BIOGRAPHY PROFILE

Rand Water	BP Petroleum
Educational Summit - National Conference	Standard Bank / Fnb Private Wealth
Grey Foundation Memorial Lecture	SAICA - Chartered Accountants
Sanlam Investments	Dept of Health, Dept of Sport and Agriculture, Commerce
Old Mutual Wealth	BMW SA
Glacier	BDO International
KWV	Hatch Global
La Motte Estate	CURRO Schools
Hazendal Estate Management	Curoholdings
Cipla Pharmaceuticals	Schools: Paul Roos, Rondebosch Boys, Wynberg, Grey High School, Paarl Boys, Stellenberg, Kenridge Primary



MEDIA

News24 Health Consultant	Resident Health Expert: Expresso Breakfast Show	HEART FM Breakfast Show - #HeartMindSoul	567 Cape Talk Show with Pippa Hudson
SAFTA NOMINEE Best Presenter for "Doctors Orders" - Lifestyle Show	IOL: Cape Argus/Daily Medical News Columnist 5 Years	Primedia Health and Wellness expert	Weekly TV Show Host - TUSSEN ONS / MEDIES - Kyknet





ENGAGEMENT INFLUENCE AND HIGHLIGHTS OTHER

National Health Channel Celebrity Doctor

SABC3 Doctors Orders : Panel Expert and Anchor Host

PRIMEDIA Health and Wellness Expert 567Cape Talk and 94.5Kfm

Columnist: Cape Argus, Daily News

National Ambassador for the JAG Foundation, Sunflower Fund

Men's Health Movember Campaign

Adventure and Special Expedition Doctor for the Department of Environmental Affairs

Expedition Doctor for The South African National Antarctic Programme (SANAP)

