

Tom Mulholland, Dr

Dr Tom Mulholland is the "Attitude Doctor"

Dr. Tom Mulholland is an Emergency Department Physician at Auckland Hospital, a lecturer in Psychological Medicine at Auckland clinical school, teaching medical students, founder of the Healthy Thinking Institute and developer of global wellbeing App KYND (Know Your Numbers Dashboard).

With more than 25 years of clinical experience, he's written two internationally best-selling books on Healthy Thinking including 'Healthy Thinking - How to Turn Life's Lemons into Lemonade' and 'The Power of Healthy Thinking - To Change Your Attitude and Your Life'.

An expert on workplace stress, emotional control, productivity, and psychoneuroimmunology. Dr. Mulholland has given over 1000 keynote presentations on wellbeing to international clients like Google, Microsoft, and Hilton and for the last three years has been touring and speaking around New Zealand in his retro Chevy V8 ambulance.

He's recognized as the host of his own daily TV chat show on TV 2 and weekly talk show on RadioLive and is a regular writer for the Sunday Star Times on health and wellbeing.

The Healthy Thinking Institute developed the psychometric test for attitude profiling. His books on Healthy Thinking are translated into twelve languages and have made the best seller list around the world. He consults on stress and attitude globally to some of the world's largest corporates. He is passionate about Healthy Thinking and how to diagnose and treat attitude illness.

When he is not working as a doctor or on the speaking circuit, Dr. Mulholland enjoys extreme sport and expeditions. He was awarded a New Zealand Defence Force Special Services medal for his medical work in the Boxing Day Tsunami and had a stint as the doctor on a Russian Icebreaker in the Southern Ocean. He's even toured as a stand-up comedian.

Using his experience as a doctor, entrepreneur, CEO and as a stand-up comedian, The Attitude Doctor can improve your way of thinking and outlook. His presentations will have you laughing, crying, entertained and educated by an experienced doctor both in the clinic and on the stage.

"Tom has got a great message which he presents in a humorous way. How do we change things? By changing our attitudes. He provides great examples of what and how."

— Sir Ralph Norris, CEO, Commonwealth Bank of Australia