HEALING BEHIND THE BADGE

SPEAKER PROFILE 2026



ANTHONY PYMM

Detective Sergeant | Educator | Author

Resilience · Mental Wellbeing · Leadership Under Pressure

27 years in policing and still serving. A personal story of rebuilding.

Real Talk. Real Healing.

healingbehindthebadge.com.au

Experience people can connect with.

For sporting clubs, schools, workplaces and first responder organisations.

At a glance

Experience: 27 years in policing and still serving.
Profile: Detective Sergeant | Educator | Author
Focus: Resilience, burnout prevention, early intervention and leadership under pressure.
Based: Western Australia | Online and in-person delivery

The person behind the badge

A serving Detective Sergeant and Senior Trainer, Anthony Pymm brings experience in high-pressure work, leadership and developing others. As a husband and father, he also understands how work and personal pressures can affect life at home.

A personal story of rebuilding

Diagnosed with PTSD in 2021, Anthony rebuilt through treatment and recovery, returning to full duties. He shares his experience to help people recognise change, speak earlier and take a practical next step.

Wellbeing for everyday life

You do not need to wear a uniform to feel overwhelmed. Sessions for everyday audiences explore stress, boundaries, relationships and reconnecting with what matters, with practical tools for work, family and daily life.

FEATURED TALK

Proof of Life

What rebuilding after PTSD looked like for me

Anthony shares what it took to accept his diagnosis, reconnect with family and return to full duties. Audiences leave with practical ways to notice changes early, start a conversation and take a first step towards support.

Also available: tailored talks and workshops on resilience, leadership and psychological safety.

Conversations that lead to a next step.

SIGNATURE KEYNOTE

Proof of Life

I didn’t bounce back. I rebuilt.

A lived account of accepting a PTSD diagnosis, reconnecting with family and returning to operational duties. Audiences consider what it takes to reach out and rebuild.

01

SPORTING CLUBS / SENIOR SCHOOLS

When the Result Becomes Who You Are

Separate a setback from what you think it says about you. Build a one-week plan: one thing to practise, one person to ask for feedback and one reason to stay involved.

A four-time WA State BMX Champion and 1988 Australian Champion, Anthony represented Australia at the 1988 BMX World Championships.

02

WORKPLACES / LEADERSHIP TEAMS

Still Delivering. Running on Empty.

Spot the strain that delivery numbers hide. Practise negotiating competing priorities and set up a two-week workload trial with a named owner and a review date.

03

COACHES / TEACHERS / MANAGERS

Before the Breaking Point

Use RESPOND to practise opening a private conversation and handling different replies. Agree on a follow-up and know when to involve the right support.

Honest stories. Lasting impressions.

Lived experience shared with first responder and defence audiences.



> “Anthony’s presentation was riveting, engaging and thoughtful. His willingness to share his story left a lasting impression, and attendees particularly valued the honest insight and deeper understanding of PTSD.”

Timothy Byrne

Lieutenant Colonel | Australian Defence Force

> “Anthony’s presentation was fantastic and really resonated with my team. His honest insights into his recovery journey and building mental resilience were exceptional. I’ll definitely be recommending him to speak with other teams.”

Justin

Fire Commander | Perth ARFFS

Learning that continues after the session.

Practical education for clubs, schools, workplaces and community groups.

Presentation experience

Anthony delivers PTSD and wellbeing education within police recruit training and has presented to detective audiences. His broader speaking experience includes Australian Defence Force, Perth Airport aviation rescue firefighting and Mental Health Commission audiences.

Practical tools to take away

RESPOND offers a day-to-day way to recognise pressure and choose a next step; the Four Pillars - Reset, Reconnect, Rebuild and Rise - provide a broader framework for recovery and rebuilding. Both can be adapted to work and everyday life.

Support beyond the room

The Healing Behind the Badge free wellbeing app, digital books and reflection resources give participants options to continue exploring the learning. Relevant resources can be selected to suit the session and audience.

How an engagement works

1. **Discuss your audience**
   Clarify who the session is for, the setting and what you want it to achieve.
2. **Agree the session**
   Confirm the topic, format, timing, fee and any accompanying resources.
3. **Deliver practical learning**
   Combine lived experience, guided reflection and achievable next steps.

Discuss a session for your people

Request availability and fees.
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Lived-experience education that complements professional care. Services do not provide diagnosis or clinical treatment.