



## Tharaka (aka Dr T)

### *Psychiatrist and Television Presenter*

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Dr T is a clinical psychiatrist, three-times TEDx speaker, podcaster and TV presenter. As creator of the 'Mind, Action, Profit' blueprint, Dr T inspires professional audiences across the globe with his unique medical background and motivational style.

Dr T's 'mind and performance' insights have helped countless people improve their personal wellbeing, effectiveness, leadership, teamwork, focus and concentration. Or as Dr T says, when you 'manage the mind, you can manage your bottom line'.

As well as being a highly acclaimed psychiatrist, Dr T has appeared on Channel 4's hit celebrity TV series *Can I Improve My Memory?*

He was the clinical psychiatrist in Channel 4's hit new series *Scared of the Dark*, the resident psychiatrist in ITV's *Big Brother*, and most recently has featured on BBC One's *Morning Live*.