

  
**BEN FARINAZZO.**



## Biography

### Summary

A proud Australian with Italian and Aboriginal heritage, Ben's journey from serving in the Australian Defence Force in East Timor to overcoming seemingly insurmountable challenges is a testament to the strength and resilience of the human spirit. He battled significant mental health issues and a broken neck and back, to represent Australia in indoor rowing and powerlifting at the Invictus Games Sydney 2018, winning two gold medals.

Today, Ben is an Australia Day ambassador, advocate and speaker for several national charities and organisations to help improve the mental health and wellbeing of Australians, particularly our veterans. He uses his journey to shine a light of hope on those who are still experiencing times of darkness.

Official website: [www.benfarinazzo.com](http://www.benfarinazzo.com) Enquiries: [contact@benfarinazzo.com](mailto:contact@benfarinazzo.com)



## Detailed

A proud father, husband and Australian, Ben is a testament to the strength and resilience of the human spirit. He was born in Brisbane and has Aboriginal and Italian heritage. He attended boarding school at The Southport School, Gold Coast.

At age 16 he joined the Australian Defence Force and served as an Army Officer. In 1999, he deployed on active service as part of the International Force in East Timor. Following a decade in the military, he successfully transitioned to a civilian career and displayed strong leadership holding several senior executive, CEO and board roles in Australia and offshore.

In 2015, he suffered significant mental and physical challenges. Hospitalised for a year due to PTSD, anxiety, and depression, his challenges compounded upon returning home when he suffered a severe mountain bike accident, fracturing his neck and back in five places. A period in his life that he describes as 'walking through the valley of the shadow of the death'. Over the next three years, he overcame seemingly insurmountable odds as part of his inspiring journey to represent Australia at Invictus Games Sydney 2018 winning two gold medals in indoor rowing and achieving a personal best in men's heavy weight powerlifting.

Today, he is an ambassador and speaker for several charities and organisations like Lifeline, Beyond Blue, Soldier On, Kookaburra Kids and Invictus Australia to help improve the mental health and wellbeing of Australians, particularly our veterans. Using his story, he connects people with those organisations and shines a light of hope on those people who are still experiencing times of darkness.

Official website: [www.benfarinazzo.com](http://www.benfarinazzo.com) Enquiries: [contact@benfarinazzo.com](mailto:contact@benfarinazzo.com)