

Beginning his professional life as a Chef, Murray launched into the fitness industry in 1985 where more than 10,000 people experienced his workouts every year. The number of STEP classes he led equaled climbing to the top of the Empire State Building 365 times each year!

He spent 2 decades in the Pharmaceutical Industry in many fascinating parts of the world constructing skills in sales, marketing, leadership, conflict resolution and building intriguing coalitions, often in surprising and complex environments.

His latest book is *Hard Boiled Habits: How to crack the code to change*; underlines his mission, which is to help people build confidence and be future fit in every area of their life.

Murray is an Executive Coach who is committed to helping people make the most of their potential and he continues to dream of inventing a calorie free Tim Tam.