

Foreword

My career as a Clinical and Performance Psychologist began with 15 years in the Australian Army. From there, I transitioned into roles in federal policing, on-call trauma support, corporate training, post-genocide humanitarian work as a first responder, and collaborations in elite sports, reality TV, documentaries, and wilderness medicine. I also served as the head psychologist for the NRL before returning to my greatest passion—supporting first responders.

In 2022, I met Rob Redenbach for the first time. Before that, I'd heard of him through our shared networks—particularly our mutual connection with the team at *The Resilience Shield*. I found it quietly intriguing that, like me, he is something of an introvert who makes his living as an extrovert.

This apparent contradiction is just one of many from a former infantry soldier with awards for academic excellence at postgraduate level, whose journey includes being featured in publications as diverse as *The Tactical Edge*—the official journal of the U.S. National Tactical Officers Association—for his work with the FBI, and the *Edinburgh Evening News*, which listed his comedy show as one of the top ten to see at the Edinburgh Festival Fringe.

Understanding these contrasts becomes clear when reading *Always a Little Further*. Demonstrating his skill as a storyteller—a method I've seen him employ effectively with audiences both large and small—he introduces original concepts such as his 'chain of discipline' and the importance of 'writing your own script,' while grounding them in science, including insights into the anterior mid-cingulate cortex and hypothalamic-pituitary-adrenal axis (don't worry—he presents it all in a way that's both engaging and practical). The result is a thought-provoking exploration of resilience and character—tried, tested, and true.

I hope you enjoy it as much as I did.

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