

Professor Wayne Derman



Wayne Derman is Professor and Director of the Institute of Sport and Exercise Medicine at Stellenbosch University. He is also Co-Director of the IOC Research Centre of South Africa, which focuses on injury prevention, and protection of the health of the athlete.

He has provided specialist Sports Medical consulting services to the South African Rugby, Soccer, Cricket, Commonwealth & Olympic Teams as well as members of the public.

Professor Derman has played an important role in clinical support for South Africa's athletes at International level. He fulfilled the positions of Chief Medical Officer for the South African Team to the Sydney 2000, Athens 2004 Olympic Games, and Medical Officer for the South African Paralympic Team to Beijing 2008 and London 2012. In December to May 2002, he served as Flight Surgeon to Cosmonaut Mark Shuttleworth during the "First African in Space" mission in Russia and served as the Medical Officer for Cape Town for the FIFA 2010 World Cup.

Having diverse interests, he has been awarded many accolades in his career ranging from a Fellowship of the American College of Sports Medicine; the Val Schreire Award for the Outstanding Investigator in the

Cardiovascular Field in Southern Africa; the Paul Harris award from Rotary International for community contribution; to a Mondi Award nomination for journalism. Professor Derman was also recipient of the Department of Health and Health Professionals Council award for Excellence in Health Care in South Africa. He has published and presented widely at the International level and is highly regarded as an entertaining and humorous educational and motivational speaker.



“In The zone”: a behind the scenes peak into elite performance”

Imagine the difference it will make to your life if you could achieve the same levels of performance in your endeavors as those achieved by Olympic and Paralympic athletes in their chosen sports. Dr Derman will share the latest scientific insights as well as the lessons learnt from work with International elite athletes, the most successful Paralympic team in South African history, cosmonauts and business leaders. This talk will focus on how to achieve a balance that facilitates optimal performance in ones own life, to create and zone of total engagement within surrounding chaos, and unleash the athlete within.



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**“Staying young whilst getting older - without Botox Prozac or Viagra”
How to live, eat and exercise in 2022**

With “anti-ageing”, “preventative medicine” and “wellness” as key buzz words in personal health care and performance, this talk provides both an entertaining and intellectual perspective aimed at encouraging the listener to evaluate their current state of health & wellbeing from a holistic perspective. This talk describes the aging process and how it affects each of us. It evaluates which risk-factors to watch out for at each stage of life and details which evidence-based strategies are effective in the anti-ageing and preventative medicine realm. Dr Derman motivates the listener to take control of their lives and adopt the “5 step plan” for life quality and longevity.

What people are saying:

"Just wanted to say a huge thank you, the session went so well and I believe our employees thoroughly enjoyed it. Wow!!! Inspirational, emotional, and simple yet soooo profound!!! Thank You!! - **Catherine Seymour – Dimension Data**

"A presentation exceptionally highly rated by our guests at 9.4/10! Pure enjoyment from all who attended" – **Richard Van Rensburg; Education Chapter Cape Town Chapter YPO.**

"Professor Derman had our audience enthralled. He delivered his talk so naturally and eloquently and humorously told a fascinating story – one which we did not want to end – 9.4/10!" - **Dena Bloch; Chapter Administrator Africa's Gateway Chapter YPO.**

"The audience showed rapt attention; brilliant and informative! A unique glimpse into the lives of top athletes and achievers, Fantastic!" – **Janet Small, University of Cape Town Centre for Extramural Studies.**

"His relaxed yet polished style of presenting is mixed with a unique brand of humor. The content of his presentations is extremely well researched and include high quality visual aids. Our agency considers him to be one of the most credible and outstanding speakers on the professional speaking circuit." – **Berydene Stemp; Managing Partner "Guest Speaker"**

"He is very flexible on the timing and content of his talk as well as incorporating the overall theme of the event and context of our industry into his material.... A World Class speaker". – **Alwyn Klein Corporate Technology Training Director, MTN.**

"I have just seen the survey results for Wednesday Night Live: WOW! People loved the presentation! Last night was near perfect in terms of the whole package. Anything that broadly matches the experience will win my support every time". **Steven Liptz Learning Chair, Entrepreneurs Organization (EO) South Africa - Johannesburg**

"This was top class! 2/3 of the audience rated this talk in the Top 10% of all talks – great knowledge, simply put, absolutely fantastic! 9.45/10!" **Cheryl Murray; WPO India and Srilanka**

"Prof Derman is like the Barack Obama of Sports Science & Medicine. He had the entire audience hanging onto his every word. He lives by what he preaches and not only conveys his message with sound facts and solutions, but he also does so with a healthy dose of humour and purpose. No wonder he scored 9.8/10." **Wayne Naidoo; YPO Cape Town**

Lecture/Workshop Clients include:

Dimension Data, Discovery AIA Australia, Navigator, Stryker, Aspen, Acsis, Glenrad MIB, Chlorchem, SAP, Discovery, Servest, Muscle Science, UPD, Cadiz, Johnson & Johnson, MediClinic, Spar-Build-It, Dept of Sport SA, Alexander Forbes, SASOL Technology, Medtronics, LUASA, Reebok, iiAA Berlin, SASOL Nitro, WPO Mumbai, Chennai, Kolkata, YPO SriLanka, Woolworths, New Balance, SAB, Fedhealth. YPO/EO Australia/NewZealand