



Ben Farinazzo

Ben Farinazzo enrolled in the Australian Defence Force Academy (ADFA) following his studies as an Army Cadet in his teenage years. Graduating from ADFA with the Chief of Defence Force Army Prize for leadership and academic and military excellence, Ben began his military career in the Army.

Deployed on active service as part of the International Force in East Timor (INTERFET), Ben, along with his comrades, was tasked with assisting in the provision of humanitarian aid and assisting local communities following a period of unrest.

Following a rewarding career in the Australian Defence Force, Ben transitioned from the military in 2002. He has since held several senior leadership roles including Chief Executive Officer of Outward-Bound Australia and a founding Director on the Board of Soldier On. Ben was diagnosed with PTSD, depression and anxiety as a result of his military service and sustained severe injuries following a mountain bike accident.

Ben went on to represent Australia in the 2018 Sydney Invictus Games where he won two gold medals in indoor rowing.

Ben continues to be a spokesperson for veterans and their families, encouraging those struggling with their mental health to seek the assistance they need.