

# ANTONIO TONY ESTRELLA

LONDON  
SPEAKER  
BUREAU

- Global Healthcare Innovation
- Sleep Expert
- Strategic Futurist for Health and ESG



Based in Singapore, Tony Estrella is an author, podcaster, strategic futurist, investor, and business builder for Personalised Health and Health Equity, two areas which are influencing the future of health and impacting the long-term ESG strategies.

As an author and podcast host, Tony envisions the impact of technology – such as AI, smart devices, robotics, and data – on all healthcare stakeholders, from public health to private industry. He is the host of FutureProofing Healthcare – a series exploring the global innovation of public health –and Digital Health Today Asia Pacific Edition –a series analysing the factors, challenges, and examples of HealthTech across APAC.

## Topics

- Author
- Creativity
- ESG
- Future
- Health
- Innovation
- Strategy

The lucid dreaming experiences Tony has regularly serve as a safe and extraordinary haven for tackling complex challenges related to writing, business building, and home-life including parenting.

Throughout the years, he has applied the ideas and solutions from dreams to address a range of complex problems. For his debut novel Comatose – a novel that explores the science of the mind including lucid dreaming, meditation, and comas – the plot, characters, and key scenes came from taking notes on his dreams across many years.

Through Taliossa, he brings together public health with the private sector including investors, startups, industry associations, and publicly listed health companies to co-create new ecosystems to solve healthcare challenges. He has advised organisations such as Roche, the Digital Therapeutic Alliance, and Health Catalyst on Personalised Health and Health Equity. He is a Venture Partner with Verge Health Tech Fund, an early stage VC investor he serves as an independent board director on numerous boards and on the Steering Committee for Frontiers Health.

Tony previously led health innovation across Asia Pacific for MetLife, is an experienced founding entrepreneur, and worked for Pfizer in the US.

Topics:

- WHY GREAT SLEEP IMPROVES YOUR CREATIVITY
- POWER OF SLEEP & LUCID DREAMING
- MASTERING CREATIVE PROBLEM SOLVING
- HEALTHTEC IN ASIA PACIFIC