Thomas Taut, PhD
Physicist, Keynote Speaker, Author and Physician Mentor
Austria

Dr. Thomas Taut is an Austrian physicist, keynote speaker, author, and mentor to physicians, with more than 26 years of experience supporting healthcare professionals and working with more than 200 physicians. With an academic background in physics and a degree in Operations Research, he brings together scientific thinking, systems analysis, and practical experience to explore how healthcare systems can sustain high performance without exhausting the people who work within them.

His work focuses on the relationship between human performance, system capacity, and sustainable performance in healthcare. Drawing on his experience working closely with physicians, he examines how individuals and organisations can better understand and manage their available resources, particularly in demanding healthcare environments where sustained performance is essential.

Dr. Taut is also known for connecting medicine, physics, and extreme endurance sport through **The Reserve Principle™**, a framework through which he explores the importance of understanding and managing reserves in high-performance environments. His approach combines scientific principles with real-world experience to address questions of performance, capacity, recovery, and long-term sustainability.

In addition to his professional work in healthcare, Dr. Taut has an exceptional background in endurance sport. He became the **first Austrian to finish the World Marathon Challenge**, completing seven full marathons on seven continents in seven consecutive days. This experience has further informed his perspective on human performance, endurance, resource management, and the conditions required to sustain performance under extreme demands.

Through his speaking, mentoring, and writing, Dr. Taut works to support physicians and healthcare organisations in developing approaches that enable high performance while protecting the people responsible for delivering it. His interdisciplinary perspective bridges science, healthcare, and extreme endurance sport, offering a distinctive approach to the challenge of sustainable performance in medicine.