



# DR KIERAN KENNEDY

## PSYCHIATRIST AND MENTAL HEALTH ADVOCATE

WHEN IT COMES TO THE OFTEN-COMPLEX WORLD OF PSYCHOLOGY, NEUROSCIENCE & HEALTH OF MIND, DR KIERAN KENNEDY'S PASSION AND ENTHUSIASM FOR TRANSLATING KEY HEALTH INFORMATION INTO FRESH AND ENGAGING USER-FRIENDLY INFORMATION IS UNPARALLELED.

A talented communicator, Kieran also walks the talk around the importance of combining the health of our brains with the health of our bodies. As a practicing psychiatrist, he offers a unique combination of solid academic knowledge and clinical experience in psychology, human physiology, medicine & psychiatry.

### **MEN'S HEALTH**

If there's one thing that Kieran is passionate about, it's ensuring that men have access to practical health information conveyed in a way that they understand and that will encourage them to take positive action. In this keynote, he covers everything from modern masculinity, to men's mental and physical health including heart health, sexual health, brain health and more; how men can better balance body and mind, the impact of body image and appearance and what it is that stops men from speaking out, all with the support to help them do it better. Delivered in his down to earth no-nonsense style with practical and easy to implement advice for all men to live a better and healthier life.

### **EVERYDAY MEDICINE**

Designed to highlight the practical lifestyle interventions we can undertake to achieve better health and wellbeing, Everyday Medicine provides

accessible and relatable information around topics from stress and how to combat it, to the 101 of good sleep, eating for mind and body, medical myths vs. facts; the importance of setting breaks in our day, how to set boundaries; and the role meditation and mindfulness can play in everyday life. Whether your teams need to reset, or recharge, Everyday Medicine is the perfect antidote for the busy individual.

### **MENTAL HEALTH 101**

Why with such a focus on mental health, are we all struggling more than ever before. In this keynote, Dr Kieran Kennedy lays bare the facts about mental health – what good mental health looks like; an understanding of the differences between stress, anxiety, low mood and depression; stigmas & stereotypes; how people can uncover the support they truly need and tips for how we can achieve greater mental wellbeing each and every day.

#### **KIERAN IS AVAILABLE FOR:**

- Keynotes & Workshops
- MC & Event Hosting
- Panel Moderation & Participation

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