



DR KIERAN KENNEDY

MEDICAL DOCTOR, CONSULTANT PSYCHIATRIST,
AUTHOR & HEALTH ADVOCATE

A CONSULTANT PSYCHIATRIST WITH DEGREES IN PSYCHOLOGY, HUMAN PHYSIOLOGY AND MEDICINE/SURGERY, KIERAN'S EXTENSIVE CLINICAL QUALIFICATIONS AND EXPERIENCE COMBINED WITH A FRESH, DOWN-TO-EARTH, NATURE MAKE HIM UNIQUELY PLACED TO GUIDE MODERN AUSTRALIANS ON MATTERS OF HEALTH AND WELLNESS.

Kieran is a passionate advocate for all things mental health and wellness, and is committed to presenting information and inspiration to inspire modern health whilst managing the misconceptions that so often prevent us from stepping into health of mind and body.

Kieran is a true advocate for the importance of focusing on both our physical and mental selves to achieve true health and wellbeing; something he strives for personally.

In the clinic, Kieran's work covers a diverse range of disciplines within medicine and psychiatry - from assessing crisis patients in emergency departments and supporting private psychiatric patients through struggles with some of our deepest questions.

More recently, Kieran's work has seen him helping to diagnose and manage conditions ranging from Adult ADHD to depression, anxiety often borne out of struggles with body image and self esteem.

Utilising his clinical knowledge and expertise within the media to great effect, Kieran is a master at distilling complex medical topics into easy-to-grasp and relatable messages - sharing evidenced based health information, actionable tools and grounded information on mental resilience and health in an attempt to inspiring discussions on equality and health for a range of broad communities including those in the LGBTQI+ community.

Kieran's work has included the development of actionable tools for a better night's sleep, workshops on how parents can support the mental health of their teens, and the importance of creating environments that push back on outdated stereotypes, stigma and fear when it comes to mental health, and illness.

With an easy-going, caring and relatable nature, it's easy to see why Kieran has become a go to voice across physical and mental wellbeing.

He is well versed in both media - he has written for Men's Health & Women's Health magazines; GQ, US based WebMD, Mamamia and Vice; as well as appearing on a number of networks including for The Morning Show, Today, Ticker News, Studio 10, A Current Affair and The House of Wellness just to name a few.

He is a sought after speaker in both public health and corporate wellbeing and has presented to organisations such as Westpac Bank, Citibank, Ernst & Young, Monash University and Macquarie Bank. In 2023, Kieran released his first co-authored book, 'The Manual', as a modern guide to men's physical and mental health, further cementing his standing as a leading figure in the delivery of modern, evidenced based, health information for a new generation.

Kieran is available for media and PR opportunities, corporate hosting and speaking, and bra partnerships.

For more, contact hello@tlstalent.com.au
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