

Niall Breslin believes in the innate human capacity to heal, recover and transform.

As a life transformation expert, he has devoted his life to helping people reach their true unlimited potential.

Currently undertaking his PhD, Niall holds an MSc in mindfulness based interventions, bachelor's degrees in economics and sociology, a higher certificate in performance psychology and is an honorary fellow of both the Royal College of Surgeons and of IADT as well as a winner of the prestigious UCD Alumni award for social sciences. He is also a former professional athlete, representing Ireland and Leinster in Rugby, and an Ironman triathlete.

As a keynote speaker, consultant and leadership coach, Niall has worked closely with global leaders and organisations across a vast array of industries all around the world. He has consulted with the Irish and EU governments on health policy and worked closely with professional athletes across a variety of sports as well as world class entertainers. His ability to communicate with vital authenticity, inspiring candidness and deep expert knowledge and experience in a number of fields, has further contributed to his standing as a key figure in the evolving conversation about the human condition. Niall's commitment to sharing his pioneering work is inspiring a paradigm shift in the public perception and narrative around emotional well being and human potential.

Founded and hosted by Niall Breslin, the critically acclaimed and multi-award-winning "Where Is My Mind" podcast, is an immersive

exploration into how we can better look after our heads and hearts in the chaos of the modern world. Niall engages in naturally vulnerable, investigative and generative conversations with philosophers, thought leaders, academics, scientists and musicians including Deepak Chopra, Moby, Edith Eger, Adam Clayton (U2) and many others. 'Where Is My Mind' regularly features in the UK and Ireland's top podcast charts and it was the winner in the most creative podcast category at the British Podcast Awards. Niall's other podcast "Wake Up Wind Down" is a twice-daily guided reflection and meditation to start and end your day. As part of Spotify's 'Your Daily Wellness' playlist, the podcast reached and actively supported hundreds of thousands of global listeners during the pandemic, reaching number one in Spotify's US health and fitness charts. It was also nominated for British podcast of the year in 2021 & 2022 and indeed won Irish daily podcast of the year in 2022.

Niall's passion and drive for de-stigmatising mental health, particularly amongst young people, propelled him to co-found the award-winning mental health charity "A Lust for Life". Through their school's programme they are teaching young people to be effective guardians of their own minds and have, to date, reached over 45,000 students nationwide with the aim of being in every primary school by 2023 and embedded in the educational curriculum by 2024.

In addition to writing his award winning memoir "Me and My Mate Jeffrey" Niall has also authored a best-selling children's book series "Magic Moments" which further promotes and educates children on mindfulness, emotions and mental health.

Niall is also a multi-platinum award-winning musician and producer. Lead singer and songwriter for "The Blizzards", 3 time winner as a coach on "The Voice of Ireland" and also worked as a producer and songwriter for Simon Fueller's "19 entertainment".



*Niall Breslin is a lot of things:
a speaker, a teacher, a writer,
a thought leader, a podcast host,
a philanthropist, a musician, an athlete,
a polymath & a seeker and speaker of truth.*

*His currency is change,
& his mission is to help drive that change,
both at an individual, collective
& societal level.*



Finding peace in the chaos of the modern world

Niall's keynote talk is a powerful personal story combined with his deep knowledge and expertise of the human condition. It brings the audience through his dynamic and eclectic career as a professional rugby player, touring musician and broadcaster disguising a rampant and destructive struggle with depression and panic disorder, which ultimately led him to hit rock bottom on a live prime-time television show. This was the catalyst for change that guided Niall on a truly remarkable journey of healing and transformation. A journey he now helps people with all over the world.

The Keynote is delivered with three core themes.

1. Relatability

- The audience needs to see themselves or their loved ones in what is being said.

2. Vulnerability

- This shifts the audience from the head into the heart, and this is where the real impact happens.

3. Functionality

- The audience needs to leave the room with tangible, practical and accessible information that they can apply to their everyday lives.

Niall offers this through a 5 step plan that resonates with all that hear it.

The Architecture of Stigma

(And how we can deconstruct it)

How can organisations craft cultures of diversity and inclusion? They must understand the obstacles that historically and presently prevent them.

Niall explores this topic in three ways.

1. How are stigmas forged into the fabric of our culture?

2. What are the cognitive biases that allow them to prevail?

3. How we can deconstruct them and move towards a more equal and empathetic society, for equality is the best form of therapy.

This is a very accessible and practical explanation of the building blocks of stigmas, and more importantly, how can we break them down.

The Neuroscience of Mindfulness-based interventions

Mindfulness is fast becoming the most important ally of the modern mind. Our world moves at a pace that is becoming unsustainable. Neuroscience suggests “we have an old brain for a new world”. But mindfulness is also being commodified and diluted to suit marketing agendas rather than human agendas. Often referred to as ‘McMindfulness’ or ‘Mindfulness lite’. But if we preserve the essence of mindfulness, it has the ability to drive a paradigm shift in an individual’s mindset. But how can it help your organisation?

This keynote breaks the brain and its evolution down into three areas.

1. Brain stem.

2. Limbic system

3. Neo-cortex

And Explains the science behind why mindfulness is so important to how they operate and interact. This keynote tells the informative and irreverent story of our evolutionary ancestors ‘Flint Eastwood and ‘The Rock’.

The Therapy Room

Hugely popular offering, where Niall discusses the various themes that come up in the therapist's room.

This is a conversation with consultant psychologist Louise Carroll and Dr Tony Bates (founders of the national youth mental health charity ‘Jigsaw’). This can be very helpful for organisations resistant to EAP and other support structures. A fireside chat format that really captures the audience in a life-changing way.

An Atlantic state of mind

This very special experience sees Niall in conversation with his close friend and old rugby partner Damien Browne, who in 2022 became the first man to row the North Atlantic Ocean from New York to Galway in 112 days. The conversation will explore the various mental fitness techniques incorporated by Damien to take on what seemed like an impossible task.

The experience highlights the true power of the mind to overcome the toughest of challenges, an Atlantic state

The Blink Effect

Anchored in a fusion of neuroscience, psychology, and mindfulness, The Blink Effect is a programme designed to build psychological flexibility in current and aspiring leaders. Neuroscientists tell us repeatedly that we have an old brain for a new world – one that has not yet evolved sufficiently to keep up with the lives we lead and the world we live in. The good news is we have the capacity to evolve those skills – and The Blink Effect is a programme designed to do just that.

Through a series of 6 audio content capsules, it provides deep neuroscientific and psychological insight into how our minds work.

The programme also contains practical tools which, with practice over time, will enable you to build psychological flexibility and thus make better choices about your own habitual responses and behaviours. Research indicates engaging in the combined interventions within

The Blink Effect will improve your ability to:

- **Stress Like a Pro**
 - improve your relationship with stress to work smart, protect your health and enhance your performance
- **Finesse Your Focus**
 - rewire your brain to turn down distraction and enhance the stability, control and efficiency of your attention
- **Handle Your Scandal**
 - develop skills to identify, adapt and respond to fluctuating socio-emotional demands
- **Innovate + Relate**
 - positively affect how you communicate and connect with others and your ability to be innovative
- **Perform + Transform**
 - improve job performance

Fireside chats/Leadership consultancy

Niall has had the opportunity of working with some of the top leadership and CEO groups globally. He is a regular speaker and consultant with the YPO and has hosted events across the world with its members. There is an array of options in this regard. From hosting fishbowl discussions to fireside chats, audio/visual interviews and pre-strategy consultancy.

Niall has interviewed many of the biggest global names in wellness from Adam Grant, and Dr Mike Ryan to Deepak Chopra on his Where is my mind podcast so has a deep experience in holding deeper and more impactful conversations.

Mindfulness-based intervention programmes:

This is a bespoke four-week mindfulness-based intervention programme, delivered in audio capsule form, so it can be accessed easily and practically. The programme involves an educational and evidence-based explanation each week, to discuss how we can apply mindfulness to our professional, personal and social life. It will also have a practice that will be attached to the programme, to help build the skill of mindfulness. This progresses throughout the four weeks, with the aim of building a strong foundational practice. It can be rolled across teams or individuals.

The four-week themes will be:

Week 1: Reclaim the awareness

Week 2: Reset the awareness

Week 3: Refocus the awareness

Week 4: Reignite the awareness

“ Niall’s open and honest conversation around mental health and mindfulness is refreshing.

He shares deep struggles and expert tips to work through them, all while being very personable, funny and approachable. ”

Shopify

“ PwC is delighted to work with Niall Breslin. The feedback we get from our graduates and undergraduates following Niall’s sessions is brilliant and it is always called out as one of their favourite parts of a programme. Niall is really engaging and always happy to take any questions posed. ”

PWC

“ Niall Breslin spoke to YPO European regional conference in Dublin. His presentation and speech were profound and highly engaging. Through the lens of his own journey overcoming mental health struggles, Niall created a powerful vision of unity across economic and political divides and a world where mental health problems are destigmatized. After polling our members after the event he tallied a perfect 10 out of 10. Niall’s message is an important one for our leaders and the time we are moving into. I would highly recommend him as a speaker. ”

Tom Brennan; YPO

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Niall's talk was just brilliant, there was a lovely buzz about the office that day and he definitely inspired us all. Thanks for your help with organising.

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Primark

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In PepsiCo Ireland we feel it's extremely important to open up the conversation around mental well-being with our employees. Niall, with his confidence, and raw and honest open storytelling of his journey, really is making a difference to remove the stigma around mental health. Here's what some of our employees had to say: "Amazing session, he was so honest and articulate in explaining mental health in simple terms". "A fantastic event - Bressie told his story so well, holding my attention throughout and I loved his humour."

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PepsiCo

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Niall is an incredibly engaging and expert speaker who shares his own experience of dealing with anxiety and depression which is deeply human and which facilitates a deep connection with his audience.

Niall spoke to Twitter following the launch of his book, "Me and my Mate Jeffery" with an honesty and openness that was appreciated by people who heard him and which opened a path for conversations about a subject that is often avoided. We continue to see that same honesty, drive, expertise and determination in his work with "A Lust for Life", a remarkable achievement.

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Twitter

(Sinead McSweeney VP, Global Public Policy)

Testimonials

“Niall came in to deliver a talk to our team on guarding your mental health and well-being as a creative person. The talk was equal parts informative and inspiring. He built an incredible rapport with the audience and from the discussions afterwards, it was clear that lots of the team could see the practical application to their work and their lives. I would have no hesitation in recommending Niall as a speaker and hope to work with him again in the future - Leo Moore, Head of Creative Shop, Facebook”

Facebook
(Leo Moore, Head of Creative Shop)

“Niall captivated the employees at Citi from start to finish. His expertise and lived experience in mental health were delivered in a clear and relatable way. Everyone left with a better understanding of anxiety, something which I would have considered to be a very complex topic. He highlighted the latest research and science behind conditions and therapeutic coping strategies while keeping it interesting and engaging. I loved the 5 practical tips for looking after your mental health! Overall, we were all really impressed, and a few employees have already asked when Niall will be back again!

Employee feedback:

“That was one of the most interesting and useful sessions I have taken part in Citi. His personal experience was invaluable and made more relatable because everyone knew his public persona and history. Seeing how his personal struggle manifested at a time when publicly he appeared to be on top of his game was awe-inspiring and full of humility. Brilliant. Please pass on our thanks”

Citibank

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Niall is a breath of fresh air in expertly communicating the complex issues of mental health. To hear the personal story of his own struggles with anxiety and depression is beyond inspirational along with his deep and unrivalled knowledge of the subject. He is a lightning rod of passion and selfless giving towards others while providing a much-needed liveliness to the mental health educational space

YPO Santa Monica Bay Gold chapter

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Through Niall's speech colleagues heard a real, honest and sometimes humorous account of the reality of struggling with mental health and learned from his advice about building greater mental fitness.

The feedback from our colleagues was fantastic, with many commenting on how their understanding of mental health had been influenced as a result.

We would recommend Niall to any organisation that wants to encourage anyone struggling to reach out for support and to get their teams to think about what they can do to build better mental fitness.

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LIDL

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The Blink Effect came along exactly when my team most needed it and re-energised and refocused us in the midst of a challenging period of transformation. Unlike most leadership programmes that focus on building a static set of skills and competencies, this programme helped build psychological flexibility and evolve our thinking so that each individual was better enabled to thrive in whatever situation they found themselves in. We particularly loved the fusion of neuroscience, mindfulness tools, practical applied exercises and the human touch and personality of The Blink Effect team-this is a rare combination to find in a digital product today.

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LHH: Lee Hecht Harrison

“ We were looking for a programme that combined a focus on science/neuroscience (how the brain works) psychology (why we behave the way we do) and mindfulness (how to become more aware of our thoughts, emotions and feelings). We found all this professionally produced and packaged within the Blink Effect. The overwhelmingly positive reaction from the people who have participated has confirmed to us that our investment to date has been extremely worthwhile. ”

EY

“ I have been working with Niall and his mindfulness and mental skills programmes for a while now and have developed my ability to stay present and bring back my focus of attention when it drifts and learned how my mind tends to wander.

As a professional golfer, these skills are vital as when I am competing in big events I am able to avoid getting ahead of myself and ensure that I can be present in each shot regardless of the situation. Not only does this help my performance in high-pressure situations, but being focused and present in each shot also has helped my enjoyment in embracing the challenge of competing in these big moments.

His expertise and ability to communicate are second to none. His background as a professional athlete also gives him a deeper understanding of what it takes to succeed at an elite level. ”

Liam Grehan (Professional golfer)