



2024

Speaker Profile of Dr. Ailis Brosnan



Dr. AILIS BROSANAN
HEALTHY, FIT & VIBRANT

Inspiring Speaker on Vibrant Healthy Living

As seen in



Profile overview



Dr. Brosnan, brings over 30 years of experience across the UK, USA, and Ireland to her passionate pursuit of guiding individuals towards optimal health.

Renowned for her engaging and insightful speaking style, Dr. Ailis Brosnan is a leading authority in the field of health and wellness, with a special emphasis on midlife vitality for women.

Her signature talk, "*Fifty, Fit, and Flourishing*" captures her passion for empowering women to embrace their midlife years with vitality and joy.

Qualifications & Expertise

Qualifications:

- First Class Honours Degree in Exercise Science from DeMontfort University, UK.
- Master's in Health Promotion and Wellness Management from the USA. (4.0)
- Professional Doctorate in Health Sciences (Psychology), Queen Margaret University, Scotland.
- Certifications in Plant-Based Nutrition, Yoga, Personal Training, Dance Movement Therapy, Mental Health First Aid, Strength and Conditioning among others.

Holistic Health and Fitness:

Dr. Brosnan's holistic approach to health and fitness is grounded in the latest research, ensuring a well-rounded path to wellness.

Plant-Based Nutrition:

As an advocate for nutrient-dense diets, she offers valuable insights into plant-based living for optimal health.

Psychology of Wellness:

With a Professional Doctorate in Health Sciences (Psychology), she specializes in developing programs that not only improve physical health but also enhance well-being and happiness.

Signature Talk

03

Fifty, Fit & Flourishing

This keynote is more than just a talk; it's an experience where Dr. Brosnan blends her extensive knowledge with an engaging and motivational style to inspire women to pursue a life of health and fulfilment in their midlife years.

The talk inspires and empowers women, particularly those approaching or over fifty, to embrace a lifestyle that promotes health, energy, and positive ageing. The talk covers:

Nutritional Wisdom: Focused on plant-based, nutrient-dense diets that help you live healthier and longer.

Exercise for Longevity: Customized exercise strategies that enhance physical strength and endurance, catering to the changing needs of the ageing body.

Mindset for Ageing with Joy: Techniques and practices to cultivate a positive, resilient mindset essential for thriving at any age.



Speaking Style

Dr. Ailis Brosnan stands out as a dynamic and versatile speaker, adept at covering a multitude of health topics from nutrition and physical activity to mental well-being. With a talent for engaging diverse audiences, Dr. Brosnan shines whether she's at large-scale events like Dublin Vegfest and the Mind Body Spirit Festival, on media appearances such as Ireland AM and the Claire Byrne Show, or connecting with listeners through radio on stations like 2FM and Radio Kerry.



Her workshops and presentations are not just talks; they're interactive experiences crafted to inform, inspire, and empower. Each session is infused with the latest research, ensuring that every participant walks away with practical, evidence-based strategies for a healthier lifestyle.

Dr. Brosnan's ability to tailor her workshops from concise, hour-long sessions to in-depth, multi-day events allows her to meet the specific needs of any group, whether it's a corporate team or a community organization.

In every setting, (either live or online) Dr. Brosnan's aim is to make health and wellness accessible and engaging. Her approach is unique — a blend of her extensive knowledge with an energizing delivery that motivates individuals and organizations alike to embrace wellness and thrive.

Ideal for

- Corporate wellness events and conferences focusing on health, wellbeing, and midlife wellness.
- Organizations seeking a knowledgeable, experienced speaker to inspire their employees and provide actionable insights into optimal health.
- Community groups and events aimed at promoting vibrant, healthy lifestyles at any age.
- Events focusing on fitness, plant-based nutrition and mental well-being.

Why hire Ailis?



Unique Selling Points

01. Experience

A blend of 30 years of experience and academic excellence in health and wellness.

03. Speaking ability

Ability to engage diverse audiences with dynamic, informative content.

05. Passionate and inspiring

Blending professional expertise with personal passion facilitates the ability to connect with and inspire audiences.

02. Depth and breath of knowledge

Three degrees and continuous CPD provides excellent knowledge of a wide breadth of health and wellness topics.

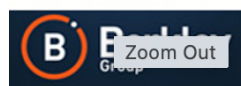
04. Workplace wellness

Experience working in Corporate Wellness in the US, UK and Ireland provides an indepth understanding of needs.

06. Flexibility

Willingness to travel and adapt to various formats, from short presentations to extended workshops, from online to live.

Previous clients



Audience Testimonials

"Brilliant relaxed atmosphere, great amount of useful info, very capable and resourceful facilitator. I have learnt a lot and would highly recommend it." Patty

"Very informative and educational, easy to follow and understand, fun and enjoyable, motivating workshop. Thank you for a great workshop!" J. O'Callaghan

"Ailis is very knowledgeable and passionate about health and weight loss but also sees the bigger picture and offers practical solutions to apply to real life. Amazing day!" Caroline O'Connor

"It was very informative, interesting and enjoyable, everyone should have this information. Dr.Ailis's knowledge and delivery is unbelievable. Well done Dr.Ailis." Katherine

"Ailis doesn't preach at all yet she clearly lives by the values she promotes. An informative and worthwhile workshop." Linda

"Such a fantastic facilitator – its great to be reminded to care for ourselves!"

"A great kickstart to any change you want to implement." Claire Meere

"The workshop was extremely informative, plenty of handouts – excellent all around" Rachel Allen

"Super day, very informative and interesting, great to kickstart a new healthier lifestyle" Grainne O'Connell

"Creative, informative, confidence builder with lots of hints and tips for safe, long-lasting weight loss based on relevant and up to date research" Kathleen Dennehy

"A fantastic course to give you a full overview of all aspects of your healthy life, from eating healthier to introducing exercise easily and staying sane and relaxed while doing it! Thoroughly enjoyable." Michelle O'Connor-Flynn

"A most interesting and thought provoking workshop. Lots of practical advice. Great to leave with new ideas and a plan of action. Thank you Ailis, thoroughly enjoyed the day." Linda Dennehy

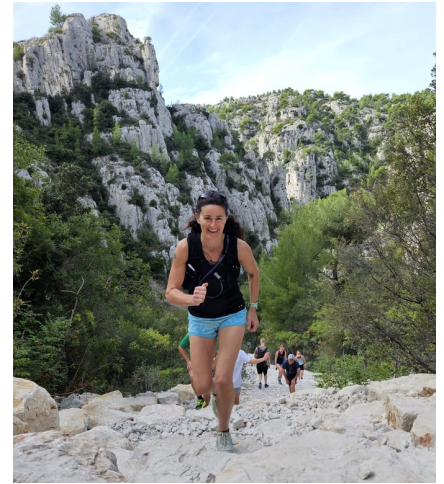
"Thought it was very well presented – right amount of scientific facts balanced with all the practical tips. Most informative. Life changing."



Passions and interests

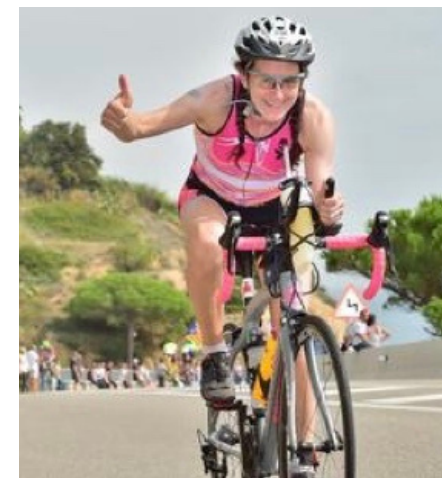
Athletic Excellence:

Ailis's impressive track record in running and triathlons including representing Ireland in international championships, illustrates her commitment to physical fitness.



Adventurous Spirit:

Her participation in challenging events like the Barcelona Ironman Triathlon and ultramarathon runs exemplifies her dedication to pushing physical and mental boundaries. She also enjoys bodyboarding, mountain biking and kayaking.



Nature Enthusiast:

Her love for outdoor activities aligns perfectly with her holistic approach to wellness and she encourages everyone to spend more time in nature.



Lifestyle:

Living in the South West of Ireland, Ailis balances her professional life with outdoor pursuits, personal development, exploring vegan cuisine and spending quality time with her children.



Additional Speaking Topics:

- Steps to a Healthier You
- Plant-based Nutrition
- A Healthy Weight for Life
- Active For Life
- Vegan Vitality
- Eating for Energy
- Mental Fitness



Ready to have healthier employees?

Get in touch today as we'd love to chat to you
about options for your workplace.

For bookings and enquires:

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Thank you for considering me for your event!