

Mind your mental health



David Balfe



Leanne Kiernan



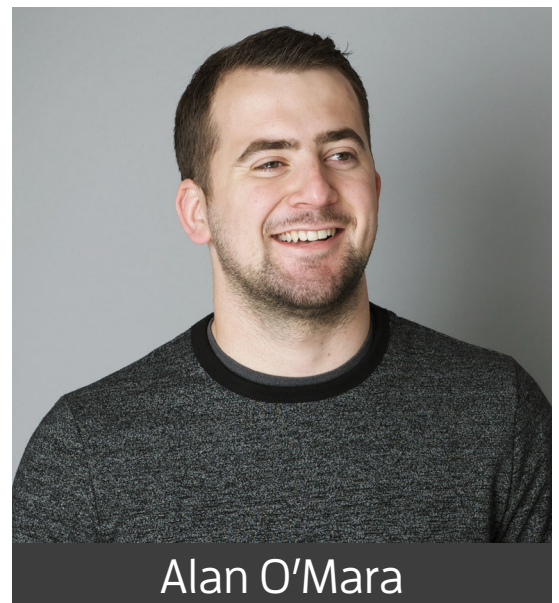
Rory O'Connor

The **Real Talks** with **SOSAD Ireland** well-being series empowers people to live happier, healthier and more successful lives.

The hub features exclusive videos, podcasts and articles with performance and well-being coach Alan O'Mara, along with Rory O'Connor, Leanne Kiernan and David Balfe.

They share important life lessons and explore various aspects of mental health and well-being such as;

- Self-Awareness
- Resilience
- Self-Compassion
- Authenticity
- Growth Mindset



Alan O'Mara