



EXPERT BIO

# DR KIERAN KENNEDY

## MEDICAL DOCTOR, PSYCHIATRIST AND MENTAL HEALTH ADVOCATE

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

Kieran is a passionate advocate for mental wellness, and men's health and fitness, and is committed to pushing back on the stereotypes that prevents people taking good care of their health – both body and mind. One of his strongest messages is the importance of being physically fit in order to be mentally fit. And he's not just paying lip service – Kieran is actively living his message as a fitness and sports devotee, and has even worked in bodybuilding and fitness modelling.

His clinical work spans assisting crisis patients in the emergency department to supporting outpatients with both mental health and neurological disorders. Through both his clinical work in psychiatry and his media work, Kieran is committed to delivering a modern take when it comes to our approach to health and wellbeing. He's known for distilling complex medical information into easy-to-grasp everyday language.

The need to bolster mental resilience among the population and the increasing prevalence of body image issues in men are both key areas of concern for Kieran. And the mission that really drives him is the

quest to create a climate where people become open about discussing their mental health challenges without stigma.

Given his easy-going nature and relatability, it's easy to see why Kieran has become a go to voice for physical and mental wellbeing, regularly writing for Men's Health magazine, GQ and The House of Wellness, and being quoted in outlets such as WebMD, Mamamia and Vice. He's also a favourite on the small screen, making appearances on The Morning Show, Today, A Current Affair and Studio 10. On top of all that, his experience includes hosting Ticker Health weekly on global streaming news platform Ticker News, speaking directly to a new generation facing unique mental health challenges in the digital age.

His expertise has also seen him in demand as a keynote speaker and Kieran has spoken at events, both in the corporate environment and for public health related campaigns and seminars.

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



For more, contact [hello@thelifestylesuite.com](mailto:hello@thelifestylesuite.com)

[www.thelifestylesuite.com](http://www.thelifestylesuite.com)