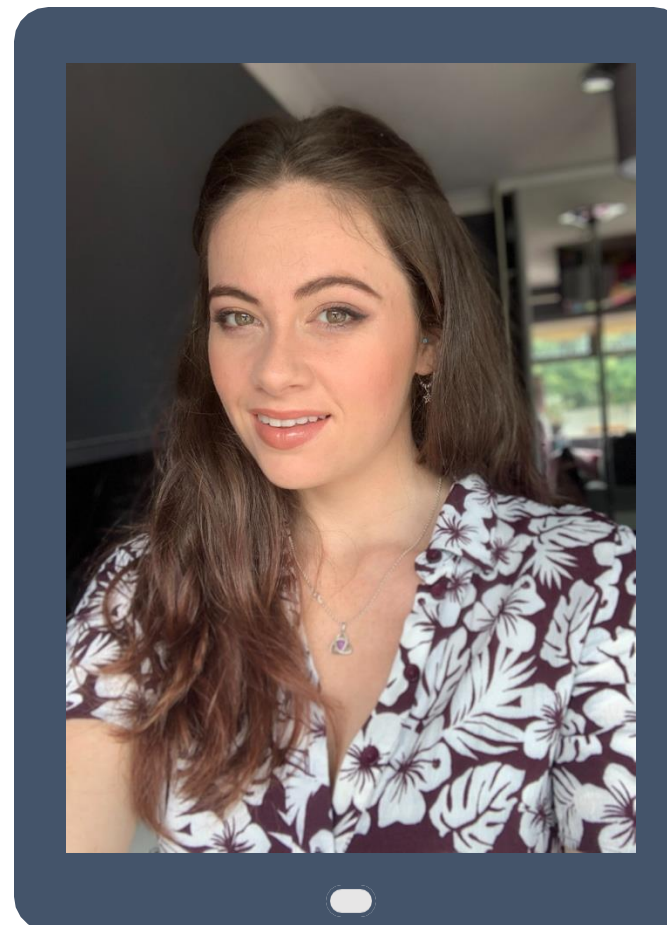


## Aoife McGrath –Keynote

Aoife McGrath, founder of Enlightened by Aoife, is a dynamic keynote speaker and mental wellness advocate. With a background in sales and events, she transitioned to become a leading voice in the well-being space.

Through her engaging presentations, Aoife addresses topics such as mindful resilience, self-awareness, and gratitude, offering practical insights to empower audiences. She promotes a holistic approach to well-being through mindful meditations, affirmations, and yoga, fostering self-awareness and resilience.

Aoife also designs gratitude journals and sensory stem jewellery to support mental health. Inspired by her personal journey, she encourages corporate audiences to prioritize mental well-being and navigate challenges with resilience.



# Aoife McGrath – Topics

## **Managing Stress and Emotional Resilience**

- Understand stress impact
- Use mindfulness for stress reduction

## **Nurturing Self-Love and Self-Compassion**

- Embrace self-love and compassion
- Overcome self-critical thoughts

## **Cultivating Self-Worth and Inner Strength**

- Explore self-worth
- Build resilience
- Reframe limiting beliefs

## **Deepening the Relationship with Ourselves**

- Engage in self-exploration
- Maintain boundaries
- Meet needs mindfully

## **Mindful Communication and Relationships**

- Develop interpersonal skills
- Practice active listening
- Maintain self-respect
- Foster mindful connection

