

MARK CAROLAN

SPEAKER | TRAINER | COACH

Mark is a renowned and passionate keynote speaker, TEDx speaker, and twice Toastmasters national champion. As a transformational Life, Leadership & Executive Coach specializing in corporate wellbeing, he delivers powerful, interactive sessions on topics from wellbeing, performance, coping with stress & motivation to authenticity, presenting & managing change. Mark brings a warm, engaging and personable style to his presentations which combine awareness, inspiration, and clear actions that drive real transformation.



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Topics:

- **Wellbeing: managing stress & burnout.**
- **Moving from Mental Health to Mental Strength.**
- **Why we don't need to be happy – when we can be free instead.**
- **Building the habit of good habits.**
- **Time-management and the myth of work-life balance.**
- **Master your mindset to master your life.**
- **Motivation that gets you going and the mindset to get you there.**
- **Excelling through change in the workplace.**
- **The power of vulnerability for men.**
- **Performing at our best – the impact of personal wellbeing on our performance.**
- **De-stress techniques for a busy world.**
- **Speaking with confidence: mastering the stress of public speaking to become an expert speaker.**

Testimonials:

Mark took our team on a wellbeing and personal development journey, it was a great experience and the team got great benefit from it. I'd highly recommend mark to any employer.

- ROGER, COMMERCIAL OPERATIONS DIRECTOR - GOOGLE

Mark did a fantastic job of blending his coaching advice together with our requirements and pitched it perfectly for our audience. The event was a success with lots of positive feedback. I would have no hesitation to book Mark again.

- JOANNA, IRISH LIFE

Mark is a wonderful speaker. Engaging, passionate, knowledgeable and informative. We learned so much from his session and he provided very practical ways we can make positive changes to our lives. I would have no hesitation in bringing Mark in again, and the team would love it.

- STEPHEN, HSE

Clients



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Sessions can be combined and delivered as a wellbeing course

Wellbeing: managing stress & burnout

A powerful session to better understand what it really means to have wellbeing & what we can do about it, how our lack of personal wellbeing impacts the stress and potential burnout we experience, including very practical tools and steps we can take to manage our personal and professional lives better.

Moving from Mental Health to Mental Strength

Our mental health is a key component of our wellbeing, but what are the factors for mental health, and how do we determine how ours is on a daily basis? This practical and insightful session helps us understand how we go beyond having mental health into developing mental strength to better enable us to cope daily with the challenges we face in modern life

Building the habit of good habits

Everything we do on a daily basis is based on our habits, from the moment we rise in the morning, to the moment we go back to bed and everything in between. In this breakthrough session we break down our habits, learn how to remove the ones we don't want, and build the ones we do, in order to become the person we truly want to be.

Time-management and the myth of work-life balance

Everyone is struggling under time pressure – chasing this myth of work-life balance. Does time have to be the enemy or can we utilise it to our benefit. In this session we examine a number of different practical ways to use our time to our advantage, understand why we feel under time pressure and build the mindset that allows us to make the best use of our own time.

Excelling through change in the workplace

Why does change in work always cause such turmoil, and can we change that? In this session we go deep into why we are so affected by change, and look at practical ways we can work through this to learn how we don't just cope with change but we excel through any change to come out stronger on the other side.

Motivation that gets you going and the mindset to get you there.

Motivation comes and goes all too easily – how do we make it stick? The key to motivation lies within our mindset and our identity. Who do we want to become? When we learn how to tap into that we learn how to keep ourselves going. This session builds on that to make whatever we need possible.

The Power of Vulnerability for men

Too often we feel the only solution to our problems as men is to MAN UP, where 'manning up' is avoiding the issue and running from the idea of shame. True 'manning up' is learning how to deal with the issues we face, is understanding how facing up authentically to where we are and what is going on, takes real courage, real strength. In this session for men we learn how vulnerability can be a superpower and how to create the space for other men who need support and safety to speak. This is essential for modern leaders

Performing at our best – the impact of personal wellbeing on our performance

For an athlete to perform at their best they need to be at their best, physically, mentally and emotionally. That is the same for us. When we are in tune with who we are, and what we need, we learn how to perform in every moment. This practical and wide-ranging session enables us to find a way forward across all aspects of our life, discover how we can be at our best, and carry out the actions to facilitate that every day.

De-Stress Techniques for a busy world

There is no one size fits all approach to how we deal with the stress and pressure of our modern world. We all need different solutions that suit who we are, how we are and what works best for us. In this session we take an engaging, constructive and practical journey through various de-stress techniques that enable us to better manage our world, and find the way that works for us.

Speaking with Confidence: Mastering the stress of public speaking to become an expert presenter and speaker

Are you panicked by the very idea of presenting or public speaking, do you come out in a sweat just thinking about it, or maybe you are getting comfortable but know you can improve. This is an informative and engaging session on public speaking, building out practical tips for speaking, how to develop stage craft and critically the mindset to take the stage fright away so you can become an expert speaker.

This speaking/presenting session is available as a full public speaking and presenting training course - bringing people from hiding in the back of the room to becoming expert speakers and presenters , speaking with confidence in their own authentic voice.