

SPEAKER PACK 2026



# Enda O'Doherty

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Keynote speaker on resilience, workplace mental health and high performance. Author. TEDx speaker. Recovering addict. He carried a washing machine up Kilimanjaro.

Resilience • Mental Health  
High Performance

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# Three keynotes, each rebuilt around your event

Every talk starts from the same lived experience and is then rewritten for the room.

After a briefing call the middle of the talk becomes yours. A keynote generally runs about one hour, and is adapted to fit your agenda.

## ABOUT ONE HOUR

### Carrying the Load

**Resilience when the pressure does not let up.**

Enda O'Doherty carried a washing machine up Kilimanjaro. Every audience carries something. This keynote is about staying functional when the load does not lighten.

- Resilience as a practice, not a personality
- The point before the breaking point
- What leaders can do this week

Conferences, all hands, change programmes.

## ABOUT ONE HOUR

### I'm Fine

**The two words that cost Irish workplaces most.**

Mental health is the leading cause of workplace absence in Ireland, named by 51 per cent of employers in the CIPD Ireland survey. This is about the sentence that hides it.

- Why people say they are fine
- What actually helped, and what did not
- How to ask a better question

Wellbeing days, mental health weeks, EAP launches.

## ABOUT ONE HOUR

### The Long Haul

**High performance that does not burn people out.**

Nine marathons in eight days. Two Ironman finishes. Endurance used as evidence rather than spectacle, asking what sustainable performance looks like.

- The difference between pace and pressure
- Recovery as a performance decision
- Spotting burnout in a strong team

Leadership offsites, sales kick offs, senior teams.

## Bespoke by default

Enda O'Doherty does not deliver a fixed script. After a briefing call with you, and where it helps with two or three people from the audience, the middle of the talk is rebuilt around the theme your event actually has. The story stays. The application changes.

## At a glance

Everything a budget holder needs on one page.

|                          |                                                                                                                  |
|--------------------------|------------------------------------------------------------------------------------------------------------------|
| <b>Keynote length</b>    | Generally about one hour. Shorter and longer formats, including a workshop, are built to suit your agenda.       |
| <b>Fee band</b>          | €2,000 to €10,000, depending on audience size, location, duration and format. Travel within Ireland is included. |
| <b>Audience size</b>     | Enda O'Doherty has spoken to groups of 12 and to a single audience of 10,000.                                    |
| <b>Typical lead time</b> | 8 to 12 weeks. Shorter notice is often possible.                                                                 |
| <b>Formats</b>           | Conference keynote, town hall, leadership offsite, wellbeing day, sales kick off, webinar.                       |
| <b>Where</b>             | Ireland and the United Kingdom as standard. International by arrangement.                                        |
| <b>Response time</b>     | Booking enquiries are answered within one working day.                                                           |
| <b>Insurance</b>         | Public liability cover, underwritten by Balens. Certificate supplied on request.                                 |

— BEFORE, DURING AND AFTER

## What the booking includes

### The briefing call

A call with you and, where it helps, with two or three people from the audience, to find the real theme of your event rather than the one on the agenda.

### Working with your AV team

Requirements change with the building, the audience and the equipment your supplier is using, so no generic rider is issued. Enda O'Doherty liaises directly with your AV supplier, arrives early, and completes a full run through before the room fills.

### A second session, on request

Weeks or months later, at no extra fee, a follow up digital presentation is delivered to the same audience. Momentum from a keynote fades. This brings it back.

### The Thriving Mind, and a personal review

Every client receives Enda O'Doherty's mental health book. Each individual receives an evaluation instrument that helps them look at their own resilience and produces a plan for them. **It is not a medical device and not a clinical assessment.**

# Approved biography

Three lengths, so the programme, the holding slide and the introduction on the night all say the same thing.

## 50 WORDS

Enda O'Doherty is an Irish keynote speaker on resilience, mental health and high performance. A recovering addict, author and endurance athlete, he carried a washing machine up Kilimanjaro for charity. He now speaks to corporate audiences across Ireland and the United Kingdom about staying well under sustained pressure.

## 100 WORDS

Enda O'Doherty is an Irish keynote speaker on resilience, mental health and high performance in the workplace. He is the author of I'm Fine! Thoughts on Life, Addiction, Love and Health, and a TEDx speaker. His endurance record includes nine marathons in eight days, two Ironman finishes, and carrying a washing machine to the summit of Kilimanjaro to raise funds for mental health services. He speaks openly about addiction and depression, and about what actually helped. Enda has delivered keynotes for organisations including TikTok, Vodafone, Pfizer, Accenture and Tripadvisor, to audiences ranging from 12 people to 10,000.

## 250 WORDS

Enda O'Doherty is an Irish keynote speaker on resilience, workplace mental health and high performance. He is a recovering addict, an author, a TEDx speaker and an endurance athlete, and he is best known for carrying a washing machine to the summit of Kilimanjaro to raise funds for mental health services in Ireland.

His endurance record is unusual even among athletes: nine marathons in eight days, two Ironman finishes, and a walk around Ireland with the same washing machine on his back. Those feats are not the point of his talks. They are the evidence behind them. What Enda speaks about is what happens to a person under sustained pressure, how it hides, and what genuinely helps.

He speaks openly about addiction, depression and the years he spent telling everyone he was fine. His book, I'm Fine! Thoughts on Life, Addiction, Love and Health, was written with Dermot Keyes and published in Ireland. His second book, The Thriving Mind, is given to every client organisation he works with.

Enda has delivered keynotes for TikTok, Vodafone, Pfizer, Accenture, Tripadvisor, JP Morgan, SAP, Sanofi, Abbott, Ericsson, Allianz and Virgin Media, among others, and has spoken to audiences ranging from a leadership team of 12 to a single audience of 10,000. He is not a clinician, and says so from the stage. He works with organisations that want the subject handled honestly and handled carefully.

## Organisations that have booked Enda

TikTok

Vodafone

Pfizer

Accenture

JP Morgan

SAP

Tripadvisor

Virgin Media

Sanofi

Abbott

Ericsson

Allianz

AIB

Kerry Foods

Blackbaud

Northern Trust

Brink's

BNP Paribas

Merck MSD

Vhi

Waterford GAA

"Enda was most professional and very effective as a guest speaker at our recent sales offsite. His personal story of overcoming adversity through focus and rigorous execution was inspirational. His talk was a key highlight of our offsite."

**Gerry Hurley**

Director, Global Sales Training, Tripadvisor

"You touched everyone in the audience. Attendees at our USA national conference called your session the highlight of the conference, and called you inspirational, exciting and relatable."

**Mary Beth Westmoreland**

Chief Technology Officer, Blackbaud Inc.

## THE QUESTION ORGANISERS WORRY ABOUT

### Duty of care when the topic is mental health

If Enda O'Doherty talks about addiction and depression to 300 staff, somebody in the room is currently living it. Here is how that is handled.

- Enda O'Doherty is not a clinician and says so from the stage.
- The pre event call covers anything currently live in the organisation, so nothing lands by accident.
- The talk closes with support resources and signposting to your own employee assistance programme.
- You are asked to have a named person available on the day for anyone who wants to talk.
- Enda stays in the room afterwards, because that is when people come forward.

### Check a date

Fees run from €2,000 to €10,000. Enquiries answered within one working day.

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