

Sinead Kane PhD

International speaker, Blind
athlete, Disability Consultant

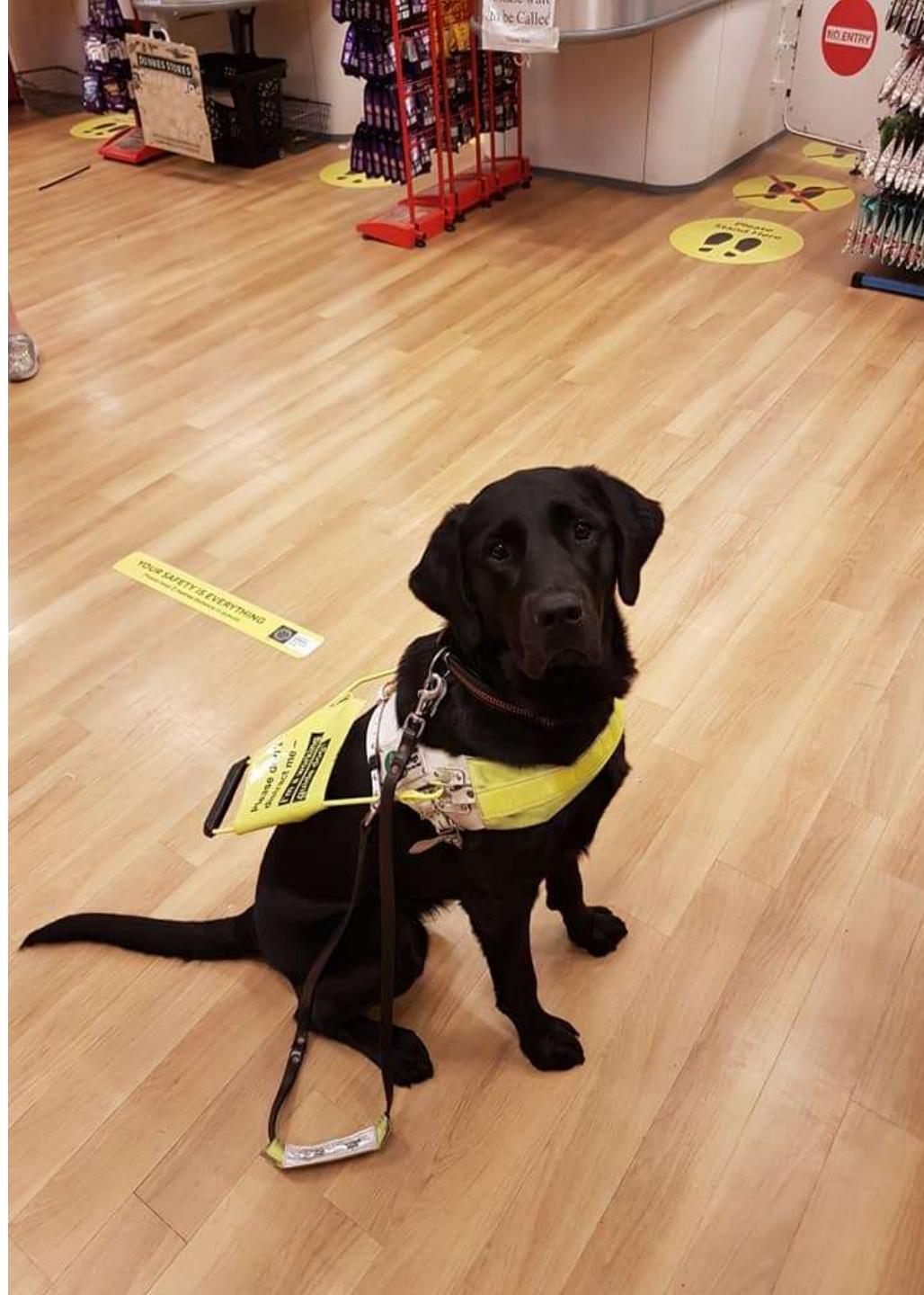


ABOUT SINEAD KANE PhD

Keynote Speaker, Double PhD doctorate, Double Guinness World Record holder, Freelance Researcher, Visually Impaired Athlete, & Qualified Lawyer.

Sinead doesn't let her disability hold her back and is living life to the full. Within the space of three months Sinead Kane was awarded two PhD doctorates. In October 2017, she received an honorary PhD from the National University of Ireland. In December 2017, she was awarded her academic PhD from Dublin City University.









HOW TO FIND THE POWER WITHIN

1. Mindset - Self-Talk/Attitude/Self-awareness.
2. Energy - Who empowers/takes your energy.
3. Daily habits - What habits are adding and taking from your goals.









Linda
Senders





Resilience

- ▶ Resilience can be learned, practiced and developed.
- ▶ Resilience relates to our thoughts, actions, behaviours.
- ▶ Key to successful resilience is our personal qualities and external resources.









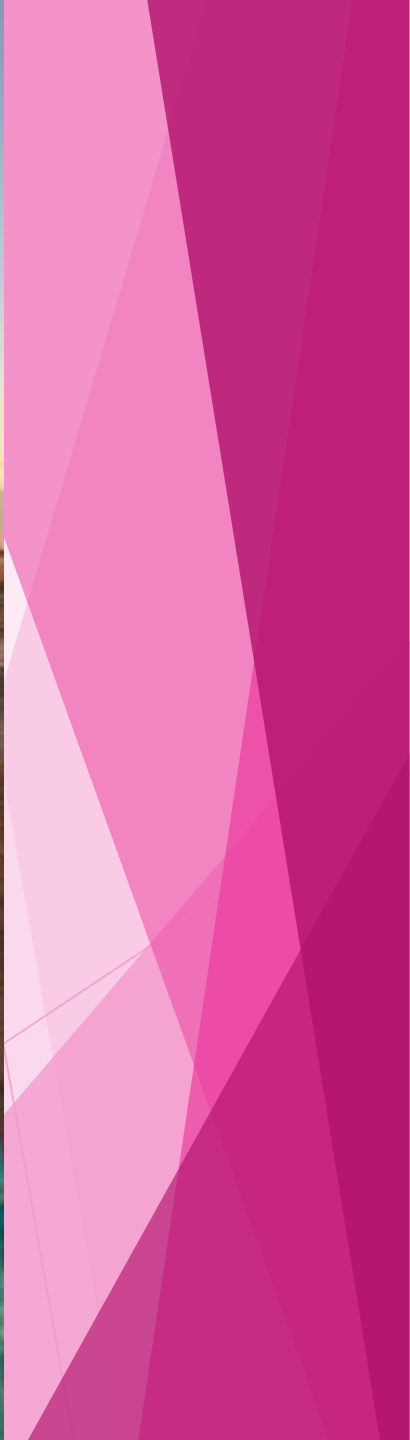






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WORLD MARATHON CHALLENGE



MARATHONS / CONTINENTS / DAYS

















IRISH RUNNER



Stride
Into
Spring

Three Months
Racing
Fixtures



Two Hour
Marathon
Barrier
Can it be
Broken?



Five
Ways to
Improve
Your
Parkrun 5k
performance

RUNNING BRAVE
SINEAD
KANE'S



7 MARATHONS • 7 CONTINENTS • 7 DAYS



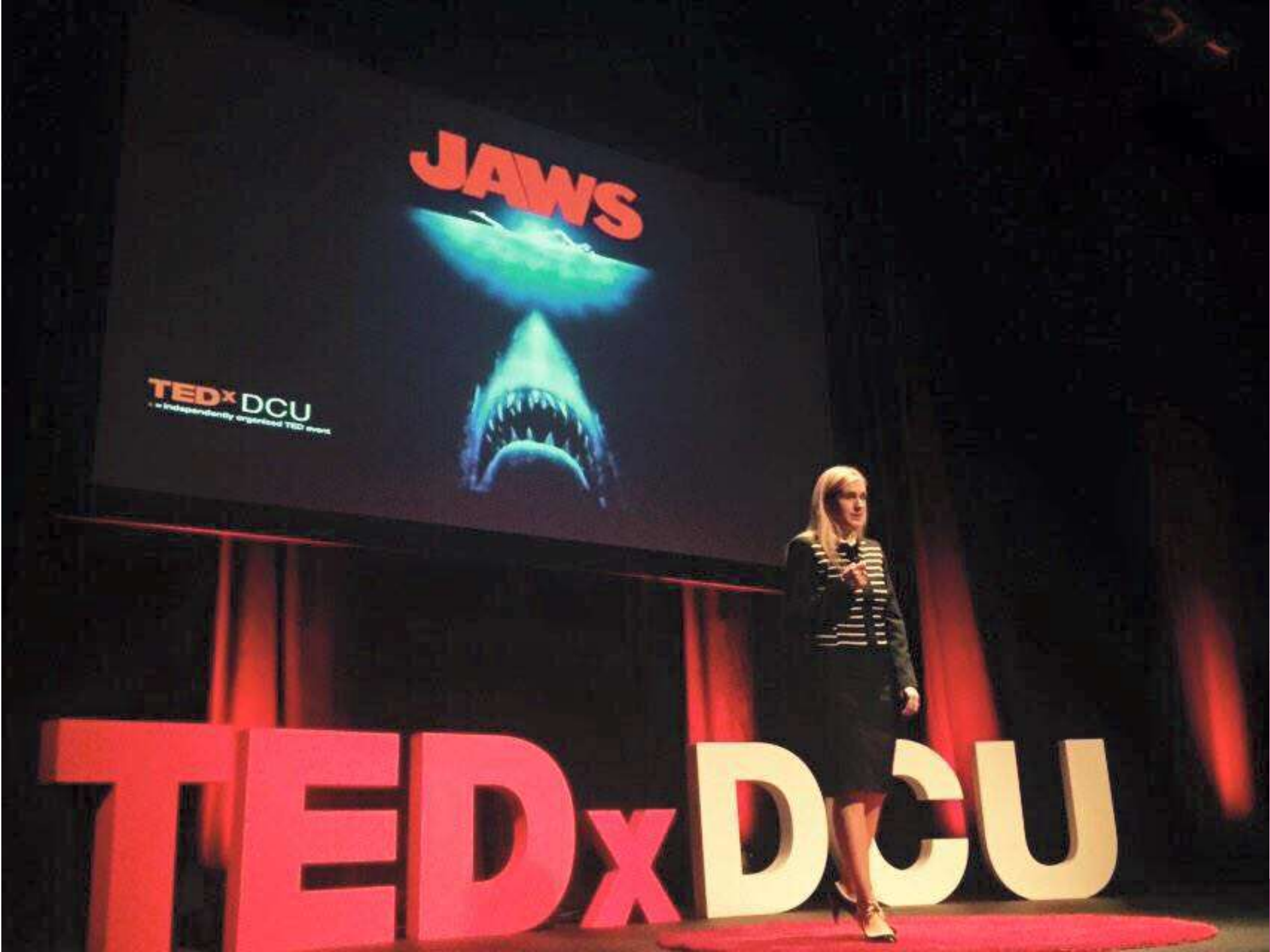
BURN FAT WITH HIGH INTENSITY INTERVAL TRAINING





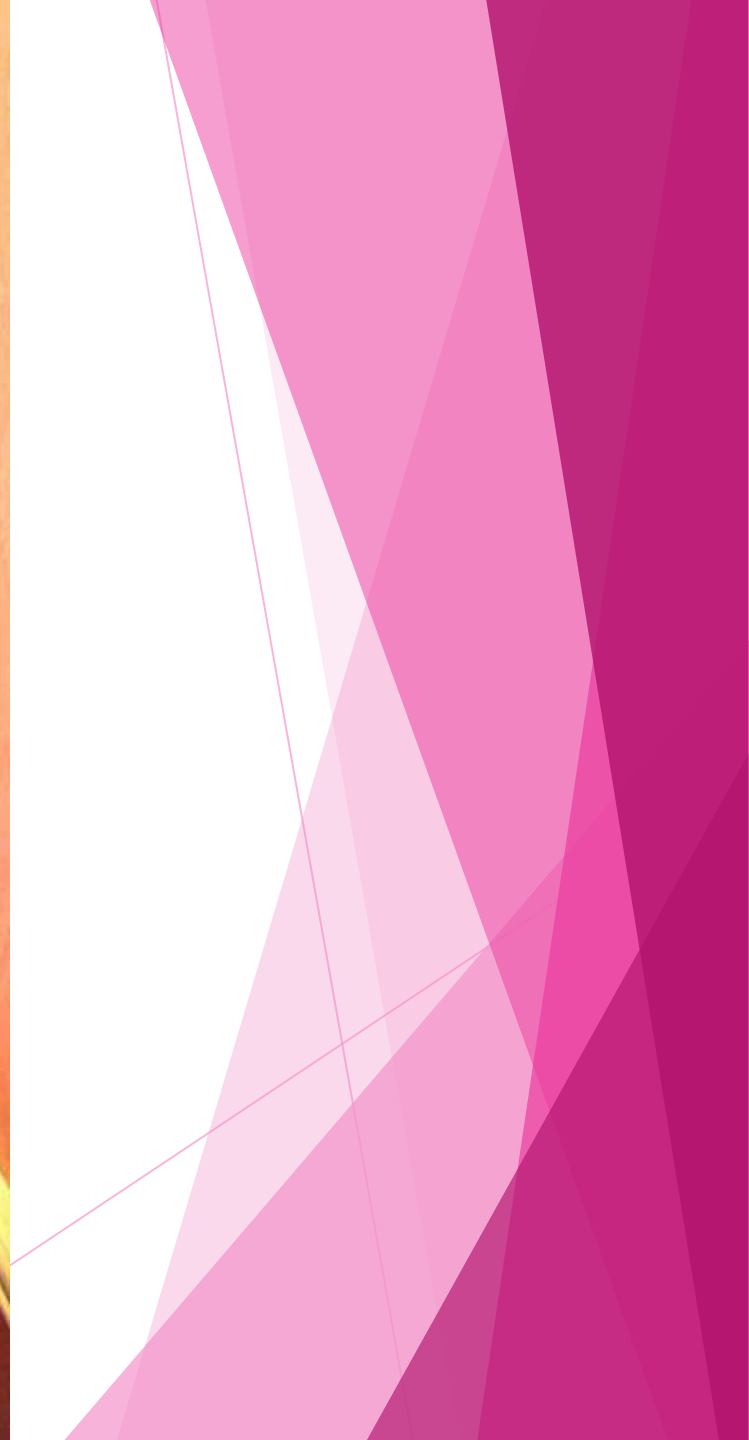
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WILLIAM T. LYNCH
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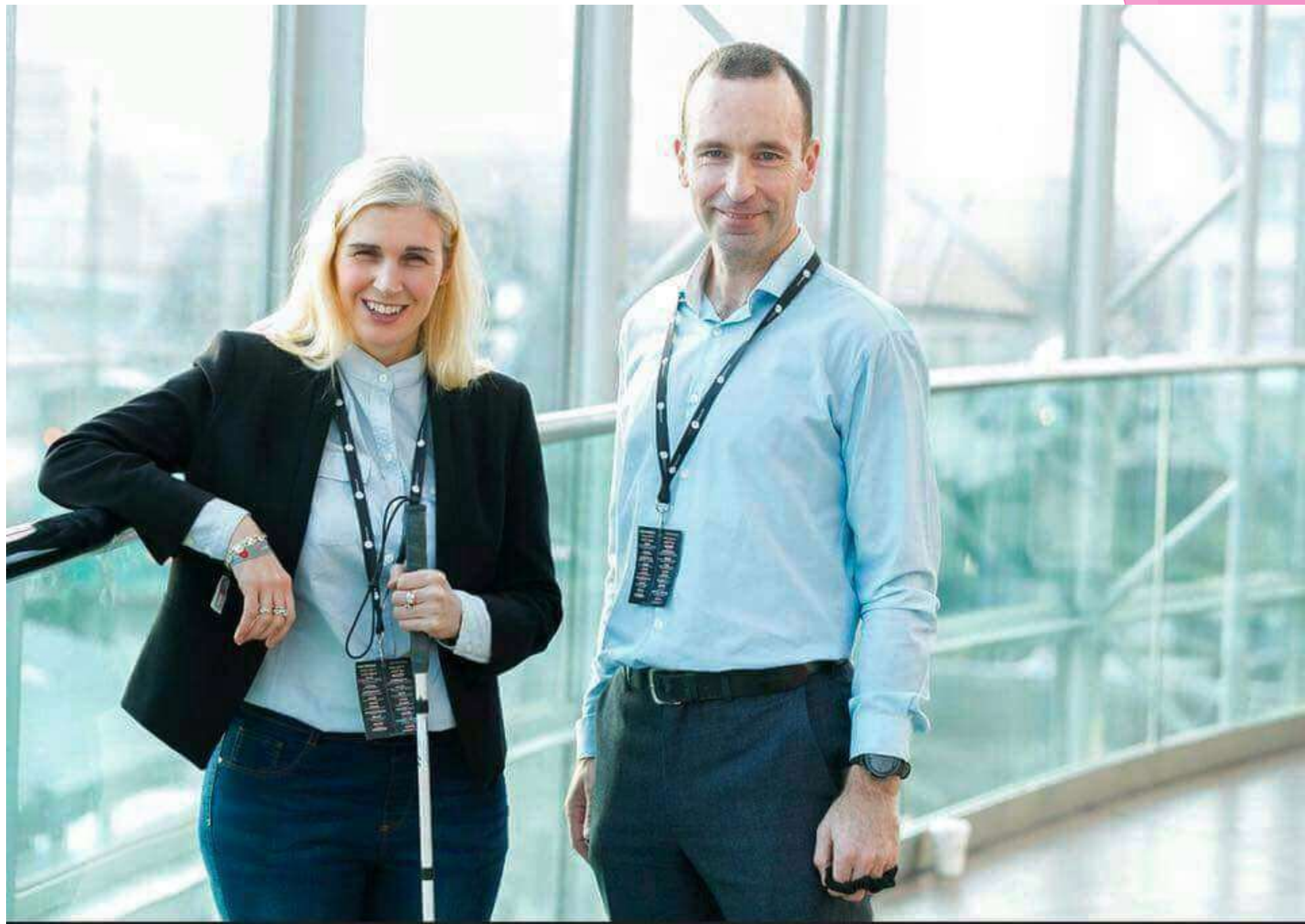




A woman with blonde hair tied back, wearing a red tank top, purple sunglasses, and earbuds, is running on a treadmill. The treadmill has 'Life Fitness' written on it. The background is dark with some out-of-focus lights. The right side of the image has a pink and white geometric pattern.

Sinéad Kane

great outdoors
brand ambassador































Final Thoughts

- ▶ **Relationships** - We are stronger together.
- ▶ **Compassion** – We all have hardship.
Compassion, kindness and empathy can make a huge difference. Try see things from another person's perspective.

Call to Action.

- ▶ **C**ommit – how much commitment do I give to things that make me happy? How much commitment do I give to things that push me outside my comfort zone?
- ▶ **A**ccountable – do I hold myself accountable for progress I make and don't make? Do I compare myself too much?
- ▶ **L**eadership – does my thoughts, actions and behaviours inspire and motivate those around me? Am I a role model to them?

