

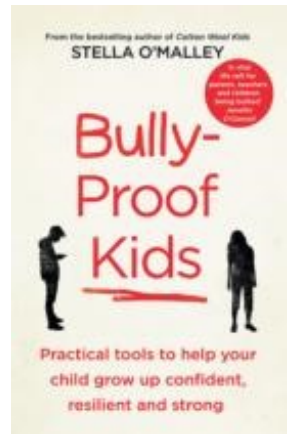


The King's Hospital Parents' Association

AGM: September 12th at 7.30pm

Guest Speaker : Stella O'Malley

Title: Bully-Proof Kids



Stella O'Malley is a psychotherapist, writer, best-selling author, public speaker and a parent with many years' experience working as a mental health professional. Born in Dublin, Stella now calls Birr, Co. Offaly home where she lives with her husband and two children and runs her private practice.

Much of Stella's counselling and teaching work is with parents and young people which culminated in the publication of her bestselling book '[Cotton Wool Kids](#)' by Mercier Press. She's now looking forward to the publication of her new book 'Bully-proof Kids' by Gill Books in August 2017.

Forging a career in the Irish media, Stella writes extensively about mental health issues for newspapers such as the Irish Times, Sunday Times, Sunday Independent, Irish Examiner, Evening Herald, Daily Mail, Irish Tatler, Pregnancy and Parenting magazine and many other media outlets. She's also a regular contributor to the Irish Independent.

Stella frequently appears on national and local media such as RTE Radio 1, Newstalk, Today FM and BBC Northern Ireland to discuss a broad range of topics such as mental well-being, mindfulness, conflict resolution in the workplace, communication skills, parenting and childhood issues in Ireland today.

Fast becoming one of the leading voices on what's influencing children's behaviour in Ireland today, Stella gives public talks and lectures on a range of topics for different organisations, nationwide such as ETB, VTOS, the Dept. of Education, Merrill Lynch, the Dept. of Finance and Grow. She lectures in CBT (Cognitive Behavioural Therapy) and Mindfulness for Laois Offaly ETB as well as presenting different talks in libraries and schools around the country on a variety of issues.

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