

Transforming Heart Health & Longevity

Professor Robert Kelly MD, MBA, FRCPI, FACC, FESC



Renowned cardiologist and lifestyle medicine expert Dr. Robert Kelly empowers individuals and organisations with evidence-based strategies for heart health and longevity.

With over two decades of experience, he blends cutting-edge medicine with practical lifestyle changes working with individuals and corporate organisations.



About Dr. Kelly



Consultant Cardiologist

Board-Certified Lifestyle Medicine Physician at
Beacon Hospital, Dublin



Bestselling Author

Wrote #1 bestseller "The Heart Book" and co-authored
"Unlocking Success" with Jack Canfield



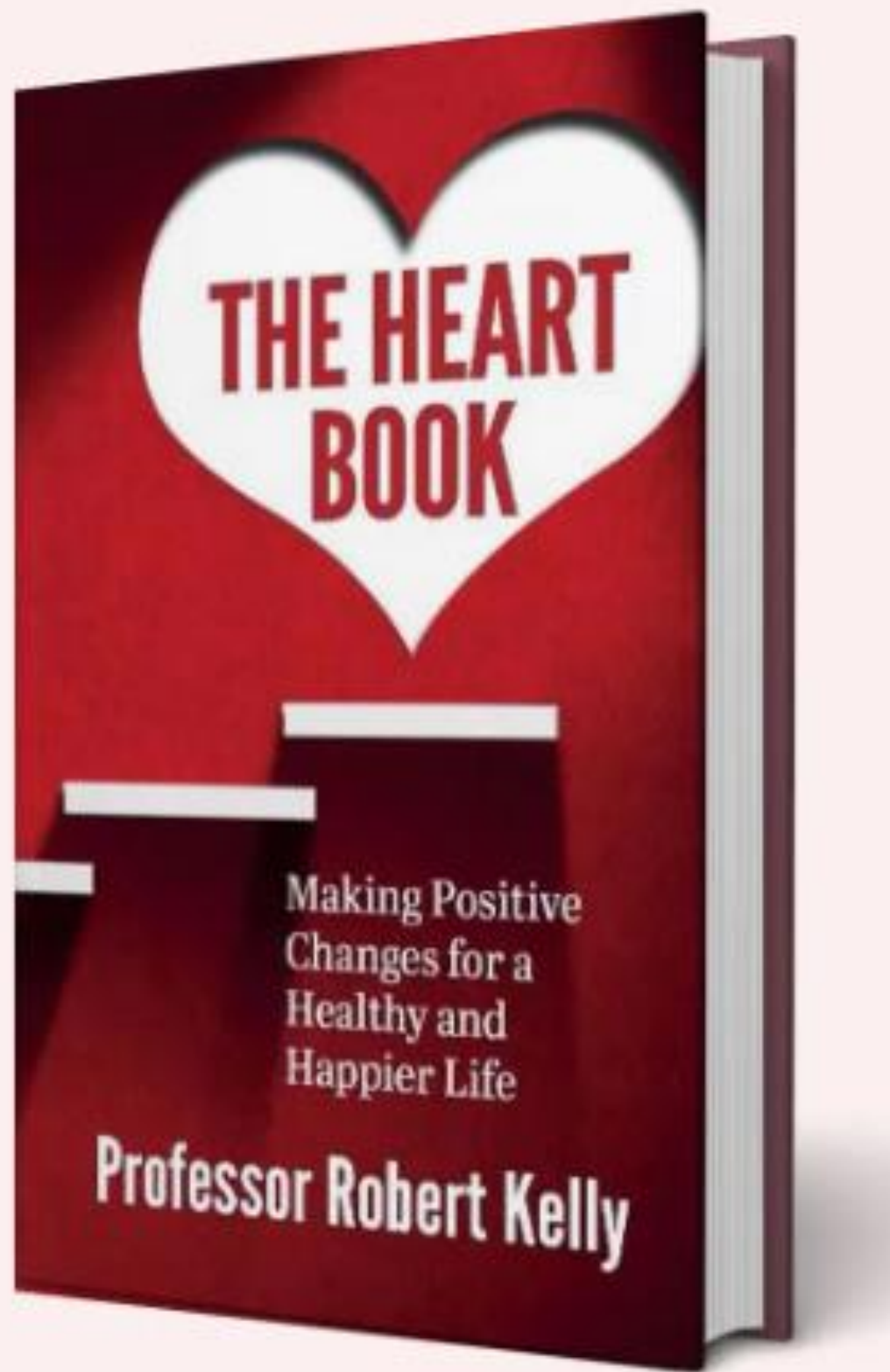
TEDx Speaker

His talk "Small Steps Towards a Heart-Healthy Mindset"
reached over 400,000 viewers



Business Innovator

MBA (Henley Business School) graduate advising
health technology startups



Topics and Themes



Topics and themes which Dr. Robert Kelly speaks to at corporate health initiatives, employee wellness programs, and conferences on preventive medicine.

- Small Steps to a Heart-Healthy Mindset
- 10 Tips to Avoid a Heart Attack for Busy Professionals
- The Science of Longevity: 10 Strategies for a Healthy Heart
- Emotional Heart Health: Managing Stress & Mental Well-being
- The Power of Lifestyle Medicine: Transforming Your Health with 6 Pillars



Topic 1: Small Steps to a Heart-Healthy Mindset



Start Small

Even the smallest adjustments can have life-changing impact on heart health



Daily Habits

Simple improvements in diet, exercise, and stress management lower disease risk



Sustainable Change

Better heart health is within reach for everyone—one small step at a time

Perfect for: Corporate wellness programs, health conferences, and professional development events looking to inspire actionable change.



Topic 2: 10 Tips to Avoid a Heart Attack

Practical strategies to safeguard your heart while managing a demanding career

For Busy Professionals

Heart disease is the leading cause of death worldwide. Yet most heart attacks are preventable with the right strategies.

Balance Career & Health

High-achievers often prioritize careers over health. This creates perfect conditions for heart disease.

Practical Approach

Evidence-based, easy-to-implement strategies maintain heart health while staying productive and successful.

Topic 3:

The Science of Longevity: 10 Strategies for a Healthy Heart

How to add years to your life and life to your years.

Metabolic Health

Optimise metabolism for better heart function and overall vitality

Mental Wellbeing

Stress management techniques that protect cardiovascular health



Nutrition

Heart-healthy eating patterns that support long-term health

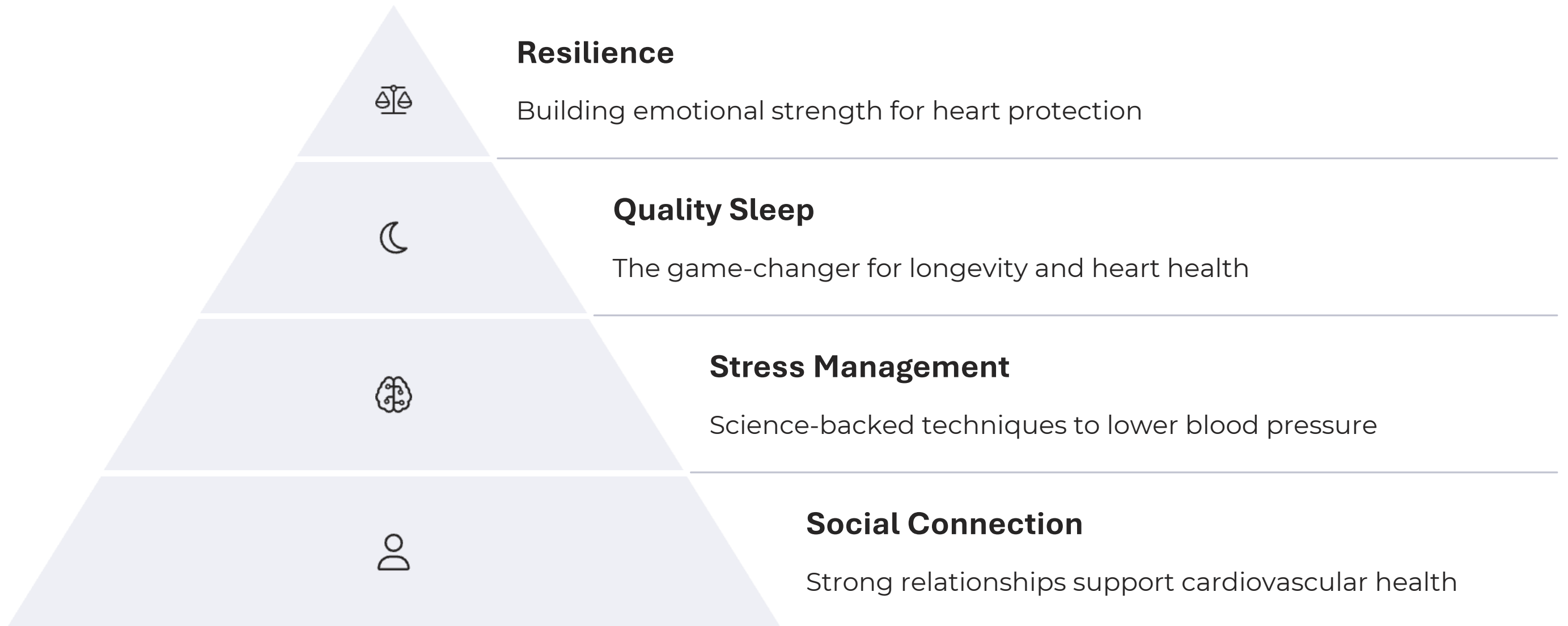
Movement

Physical activity that strengthens the heart without excessive time commitment

Perfect for: Health and wellness summits, longevity-focused conferences, and professionals interested in high-performance aging.

Topic 4: Emotional Heart Health Managing Stress & Mental Well-being

Why stress is the silent killer—and how to protect yourself



Topic 5: The Power of Lifestyle Medicine

A science-backed framework for lasting health transformation

Nutrition

Heart-healthy eating without fad diets

Avoiding Harmful Substances

Breaking free from damaging habits

Social Connection

Building relationships that heal



Physical Activity

Simple ways to move more daily

Stress Management

Techniques to lower stress levels

Sleep Optimisation

The key to heart health and energy

Speaking Engagements



Corporate Events

- Dunnes Stores (Largest retail organisation in Ireland)
- Kerry Group (Global food & nutrition corporation)
- Menarini Pharmaceuticals
- Yoga Ireland Network
- Future Beauty Summit



Medical Institutions

- European Society of Lifestyle Medicine (Board Member & Speaker)
- RCSI University of Health Sciences
- University College Dublin (School of Medicine)
- Beacon Hospital Study Days & GP Meetings
- Teagasc – Agriculture & Food Development Authority



Public Speaking

TEDx Talk with over 400,000 views, media appearances on national TV and radio.

[Watch here](#)

Media Presence



Dr. Kelly's expertise is regularly featured across national media including RTE, Newstalk, Irish Independent, Irish Times, and specialised medical publications.



THE IRISH TIMES

Irish Independent 

Irish Daily Mail



newstalk
106-108FM



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Book for Speaking

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