



## CONFERENCE SPEAKER BIOS

**Name:** Hannah McCormack

**Title:** Campaign Manager

Dr. Hannah McCormack is the Campaign Manager for the Tackle Your Feelings mental wellbeing campaign. She is responsible for the strategic development, project management, content creation and practical delivery of Phase 2 of Tackle Your Feelings across the Republic of Ireland and Northern Ireland.

Hannah completed her Doctoral Research at the University of Limerick, which investigated the work-based wellbeing of applied sport psychologists. Her PhD utilised knowledge from work and organisational psychology, applying theory and best practice to the demanding high-performance sports arena. Her thesis focused on the wellbeing of applied psychologists. She has published two papers in peer reviewed journals relating directly to her research. Prior to this she received an MSc. in Applied Sport and Exercise Psychology from Bangor University, having previously studied for her undergraduate degree in Sport Science and Health (BSc. Hons.) at Dublin City University.

Hannah has completed the Irish Institute of Sport applied mentorship programme and consulted with athletes and teams across a range of sports including Rugby, Swimming, Canoe Polo, Archery and Triathlon.

