SPEAKING & MEDIA

KAREN MULLALLY

AUTHOR • TEACHER • SPEAKER

FOUNDER OF UNDERSTANDING FIRST™



THE WOMAN BEHIND THE UNDERSTANDING

What happens when you are so busy managing your life that you barely have time to consider how you are experiencing it?

Karen Mullally is an Irish author, teacher, speaker and founder of Understanding First™. With over 20 years of experience in specialised mental health services, she combines professional expertise and lived experience to explore identity, responsibility, capacity and self-understanding.

Alongside a demanding career, raising three children and significant responsibilities, Karen became accustomed to managing everything while gradually losing sight of herself. Her journey of noticing, questioning and understanding became the foundation of her forthcoming book and the work she shares today.

FEATURED CONVERSATIONS

THE HIDDEN COST OF BEING CAPABLE

How responsibility can obscure the personal cost of always managing.

THE LIFE THAT NEVER STOPS

The mental workload of planning, anticipating and struggling to switch off.

WHY WE TRY TO CHANGE OUR LIVES BACKWARDS

Why understanding circumstances and patterns matters before prescribing solutions.

WHO ARE YOU BEYOND EVERYTHING YOU DO?

The relationship between roles, expectations and identity.

FORTHCOMING BOOK

THE LIFE THAT NO LONGER FITS

From Survival to a Life That Finally Feels Like Your Own

A personal, reflective exploration of a life that looked successful on paper, the gradual loss of connection with oneself, and the understanding that made different choices possible.

SPEAKING & MEDIA

Available for podcast and radio interviews, editorial features, keynote talks and professional events.

Signature talks: Does Your Life Include You? • Understanding Changes Everything • The Courage to Become Who You Are Now

CONTACT

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Understanding First™ is educational and reflective work, not a replacement for medical or psychological care.