

About Us

The Other Side of Life is a movement led by facilitator Conor Harris aimed at **educating young people** on the **impact of addiction** on their health and their lives.

Conor speaks from **lived experience** partnered with education.

We emphasise the importance of friend groups, decision making and give students an opportunity to explore themselves deeper for internal freedom.

Most importantly The Other Side of Life aims to encourage the message of **reaching out and asking for help.**



THE OTHER SIDE OF LIFE



WORKSHOPS.

JOIN THE MOVEMENT IN SUPPORTING OUR YOUNG PEOPLE.

BOOK A TALK BELOW!

WWW.CONORHARRISCOACH.COM

WORKSHOPS



**“NEVER ABOVE YOU,
NEVER BELOW YOU,
ALWAYS BESIDE YOU.**



OUR IMPACT

150+

**150 SCHOOL VISITS
SINCE SEPTEMBER 2024**

10,000+

**OVER 10,000 STUDENTS
REACHED.**

150+

**OVER 150 STUDENTS
BEGAN USING FURTHER
SUPPORTS.**



Since the establishment of The Other Side of Life there has always been one mission. ***To talk about the areas of life we dont talk about enough.*** Important topics which include ***addiction, mental health, challenging family dynamics peer pressure and friend groups.*** We believe we continue to succeed at our mission with the impact we have in schools across Ireland on a daily basis. See our portfolio to hear from the students themselves!

CONORS QUALIFICATIONS:

**LEVEL 7 IN ADDICTION
STUDIES FROM MAYNOOTH
UNIVERSITY.**

**300HR TRAUMA INFORMED
BREATHWORK COURSE.**

NERVOUS SYSTEM COURSE.

SHADOW WORK COURSE.

PEER SUPPORT WORKER.



REAL LIFE IMPACT.

Hi Conor,
You don't know me but you spoke today at my son's school, The Grammar School, Sligo. He was totally amazed with your journey of overcoming your addiction, you were realistic and everyone listen, I'm lead to believe there were a few emotional students too.
I want to thank you for creating awareness of drug addiction. You are a huge inspiration to young people & I wish so much success for what lies ahead.

**MEET NIAMH,
NIAMH IS THE MOTHER OF A
YOUNG STUDENT WHO ATTENDED
MY TALK IN SLIGO GRAMMAR
SCHOOL.
MY TALK HAD SUCH A BIG IMPACT
ON HIM, HE DECIDED TO BRING IT
HOME.
THE CONVERSATION CONTINUED
AT HIS FAMILYS KITCHEN TABLE.**

REAL CHANGE.

Hi Conor,
I am the year head of TY students in Ashbourne Community School where you visited today.

I just want to say that the talk you did today was absolutely amazing! Both students and staff spoke about it all afternoon. I only heard the last 15 minutes of it and I was blown away.
You are truly inspirational. You have come such a journey. Well done and I wish you every success.
We will definitely have you back in ACS!

Thanks again!!
Jane

**MEET JANE,
A TEACHER FROM ASHBOURNE
COMMUNITY SCHOOL.
JANE CAME INTO THE TALK AND
ONLY MANAGED TO
CATCH 15 MINTES OF IT. BUT IN 15
MINUTES SHE HEARD WORDS THAT
SHE
NEVER KNEW HER AND THE WHOLE OF
ACS NEEDED TO HERE.**

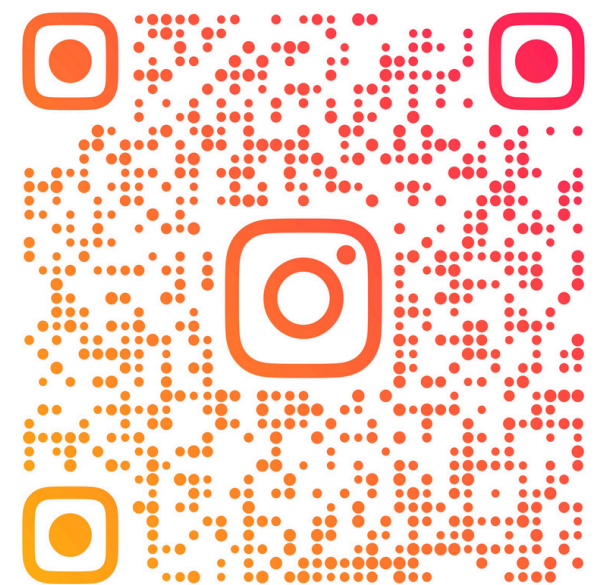
Well lad, just want to say a massive thank you for the talk you did today. There's not many speakers who have come to chat to us as a year group and kept everyone's full attention for the full talk, but with the stress of the leaving cert we all needed to hear that we aren't alone in feeling how we do. For the first time a group of us sat down having a coffee after and had a talk about how we can see drugs coming into our lives and how common it is. I have never had a serious conversation with the boys about these things and to be honest I want to thank you for helping us have that chat. It feels great being able to talk about these things as the boys felt the very same way I do. Thanks a lot for today, keep it up lad

**MEET (JOHN)
I SPOKE IN JOHN'S SCHOOL TO HIS
WHOLE YEAR GROUP. AFTER THE TALK
LIKE MANY STUDENTS DO HE REACHED
OUT TO ME.
HE EXPRESSED HOW MY
CONVERSATION WAS HAD AMONST HIS
FRIENDS IN HIS GROUP.
MY CONVERSATION,
BECAME THEIR CONVERSATION.**



Conor has also worked with many media outlets including **RTE, Virgin Media, Newstalk Fm** and was also a participant on **RTE'S first ever and highly anticipated Davy's Toughest Team**. Conor also uses his social media platform in a positive light to continue to **helping educating and spreading a positive light to the young people of our generation**.

CLICK AND TAKE A LOOK!



POST SHARED ON 8 FEBRUARY 2024

BY IRELANDAMVMTV

PRICING

Due to the **increased demand** and also **increasing emotional demand** price per workshop will be capped at **€500 per workshop.**

Talk + Workshop - €600.

Each talk will now be delivered with a brand new **¾ week pilot programme.**

Each school who books a talk will be sent through a pilot programme that teachers can ***begin the week before I arrive and complete the week after I leave.***

This will encourage a ***deeper trust and connection amongst students and teachers and create further understanding.***

SERVICES

1 hour talk with Q&A.

***1 hour talk with Q&A +
Interactive workshop.***

***Each talk will be supported by
The Other Side of Life
Pilot Programme.***

We look forward to meeting you and welcoming all new schools to ***join the movement.***

***Thank
You***

