



Philip Kinsella

Occupational
Therapy Technical
Instructor

Introduce yourself. Where do you work? What is your job role?

Hi, my name is Philip Kinsella and I'm an Occupational Therapy Technical Instructor currently based in the Shankill Well Being Centre.

What does your job entail?

My job entails follow up visits after the OT's initial assessment, the delivery/inspection and adjustment/fitting of equipment, adaptation checks, the issue of equipment to facilitate hospital discharges, replacement of old/faulty equipment and assist the OTs on joint visits.

How did you get into this line of work?

My friend is an OT within the Belfast Trust and recommended it to me many years ago.

Outline your career to date

I've been working in this job for nearly 27 years! I had a few temporary jobs as a student but this has been my main job most of my working life. I started a mathematics degree at Queen's University Belfast in the early 90's but dropped out due to personal reasons.

Tell us about your qualifications and training

GCSE's and A-Levels

What qualities are required for your job – personal and professional?

Min 5 GCSE's. Confident and friendly approach.

What is the best advice you have ever received?

Always work hard to the best of your ability and be kind and pleasant in your approach. Manners and respect go a long way.

What do you like to do in your spare time?

I go to the gym and spin classes and walk when not at the gym. I'm heavily involved in my local GAA club, I'm currently Vice-Chairman, Assistant Treasurer and Club Registrar. I also help coach and part of the senior management team. I would also never miss my son's football matches.

Tell us an interesting fact about yourself

I've cycled across Cuba twice for charity in two different directions.

Who has inspired you most in your life?

I'd have to say that the person who inspired me most in my life, who is also a massive inspiration to many that knew her, has to be my late wife, Sonia. She battled cancer for over 10 years but sadly passed away in January 2020. Her willingness to never give up and her contentment in life has inspired me to live every day to the fullest and be content and grateful for everything I have. She had a never give up attitude. Life is precious and way too short.

What advice would you give your 16-year-old self?

Be confident in yourself and in everything you do. Do it to the best of your ability. Ignore other people's opinions of you and definitely don't over think things. Get out of your comfort zone regularly as it makes life easier in the long run. "Don't think, do".