

Hello



The Ramblings of a Bockedy Man

Dundalk – 18th May 2024

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What does bockedy mean?



Copilot

The word “**bockedy**” is an adjective used in Irish English. It describes something that is **unsteady**, particularly when referring to a structure or a piece of furniture . Imagine a wobbly chair or a shaky table—those would be considered **bockedy**. The term originates from Irish Gaelic, where it means “**limping**”. So, if you encounter something that feels unstable or precarious, you can aptly describe it as **bockedy**! 😊



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**This is
me**

My name is Niall Dempsey. I was born with a neuro-muscular condition, most probably central core disease.

I wore calipers (HKAFOs) until I was 14. At the age of 24 I was run over by a lorry. I have never been able to walk without some kind of assistance.

I have lived in 5 different countries as a teacher and taught in the Sultanate of Oman for more than 10 years.

I love reading, the cinema and sports teams that wear maroon. I am addicted to Lucozade and curry cheese chips (supermacs) but don't tell anyone!

Disabled on the
Double

- The Boat

Mistakes, I have made a few...

The biggest mistake I have made is that as a young man I rejected everything to do with my disability. Everything I did, I did to mask or hide my condition.

Often, I would say or do the wrong thing so as not to risk exposure to the full extent of my neuro-muscular condition. I wore clothes to hide my arms. A girl from another school asked me out and I said no. I was ashamed of myself and hated being disabled.

... I was stupid and as a consequence I developed what I call an 'inauthentic personality' ... I did not know who I was only what I was not and that was that "I was not disabled" and sure that was obviously a lie...

How did I learn from my mistakes...

- I have a reflective practise where I write to work my problems out.
- I keep a daily journal
- I talk to like-minded people to share solutions
- I have given up the whiskey (it leads to melancholia and sadness in my case)



THIS WAS NOT A MISTAKE!!!

**AND NEITHER WAS RETURNING TO
EDUCATION...**

I am currently studying for a PhD.



My thesis is on how confidence affects disabled males
and our attitudes towards education...

What have I found out
about confidence?

The important thing that I have learned is...

**... that confidence can
be learned.**

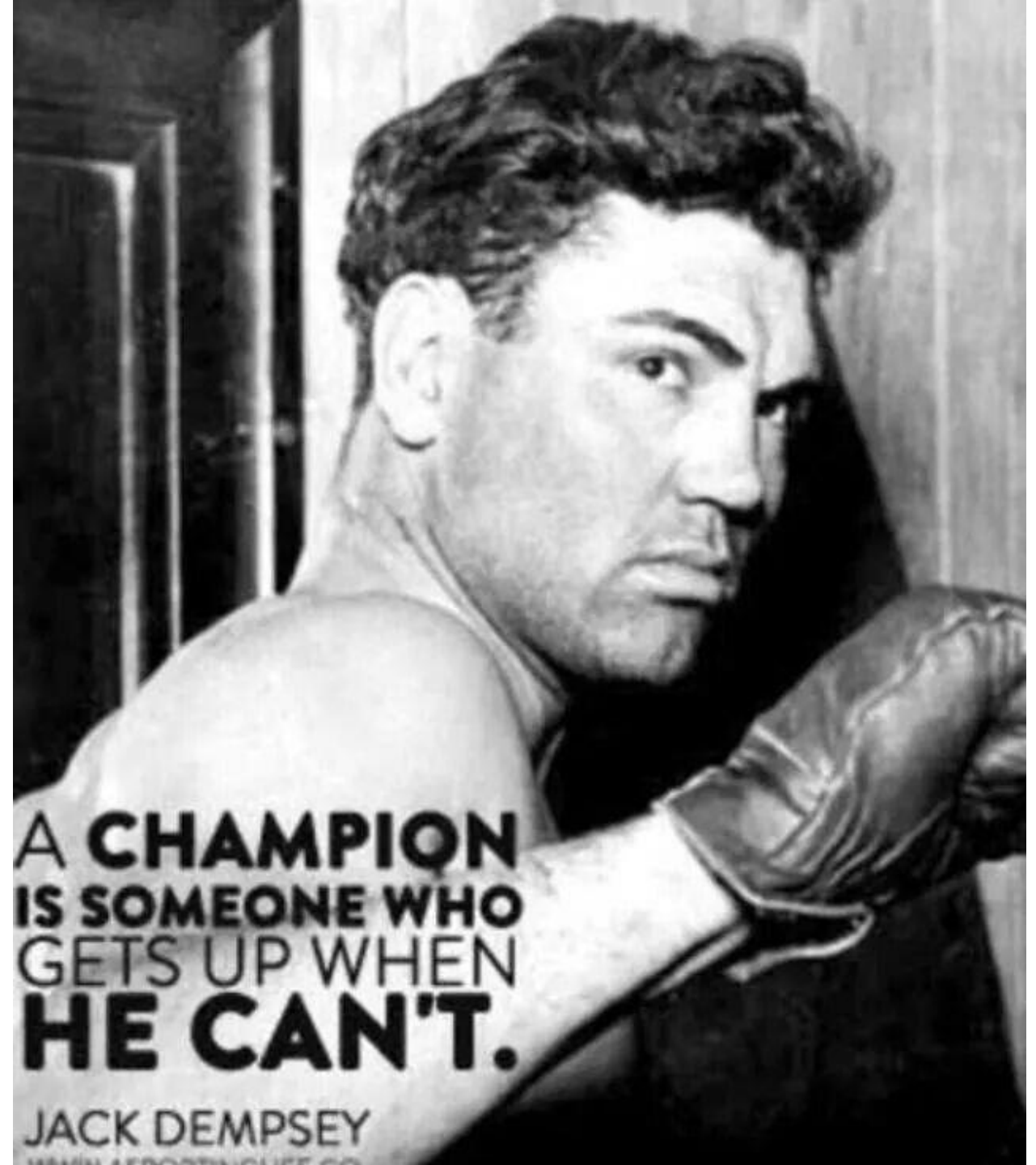
We can all be more confident and meet
the world with greater self-confidence.

For better self-confidence

- Learn from mistakes
- Practise mantras
- Get dressed to meet the world
- Choose your **heroes** that you can believe in and who can believe in you. (Maybe, you are your own hero...)
- No to no

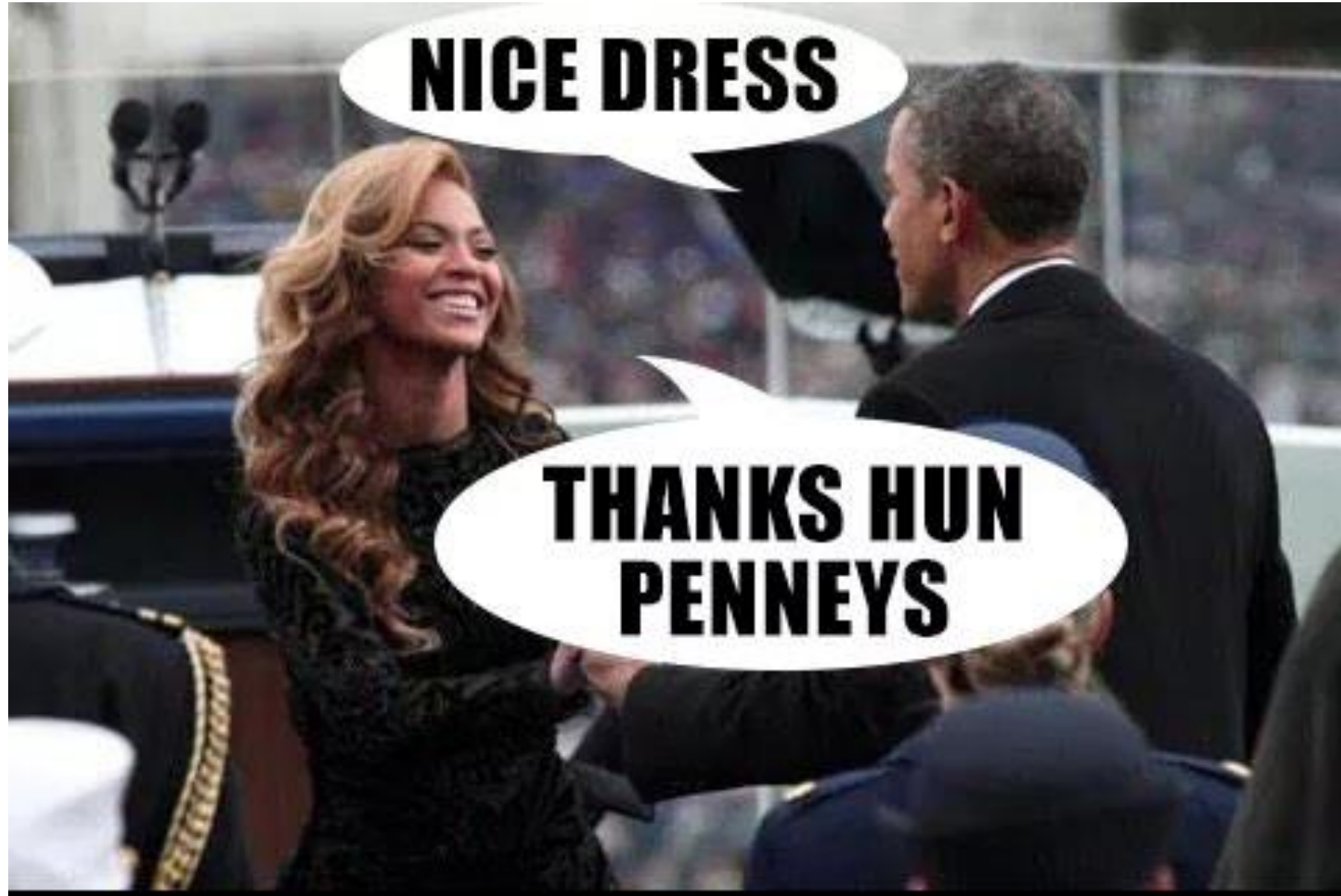
Boxing culture is
great for mantras ...

“A champion is
someone who
gets up when he
can't.”



Question: Why can't Irish people accept compliments?

In practicing
mantras
you have to trust
positive words.
Your own and
other peoples...



A conversation that never took place in Ireland:

“You look great today.”

“Thanks, so do you.”

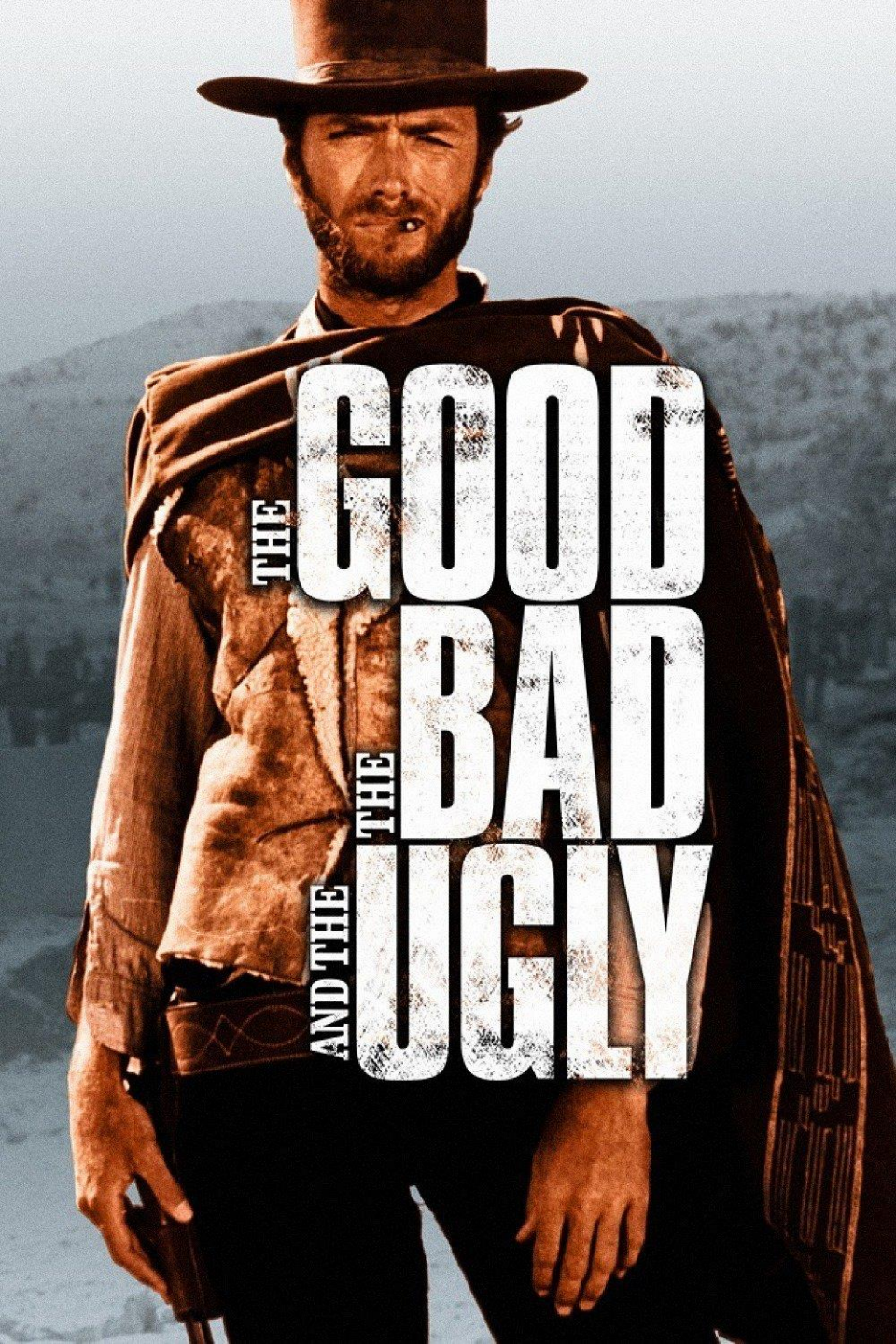
“Thank you!”

Positive words lead to positive mindset



The ring walk...

The Good, the Bad and the Ugly - The Danish National Symphony
Orchestra (Live) (youtube.com)



Theme from the Good, the Bad and the Ugly – Ecstasy of Gold by Ennio Morricone is my ring walk song. What is yours?

Prize for the best suggestion!
(if you sing it).

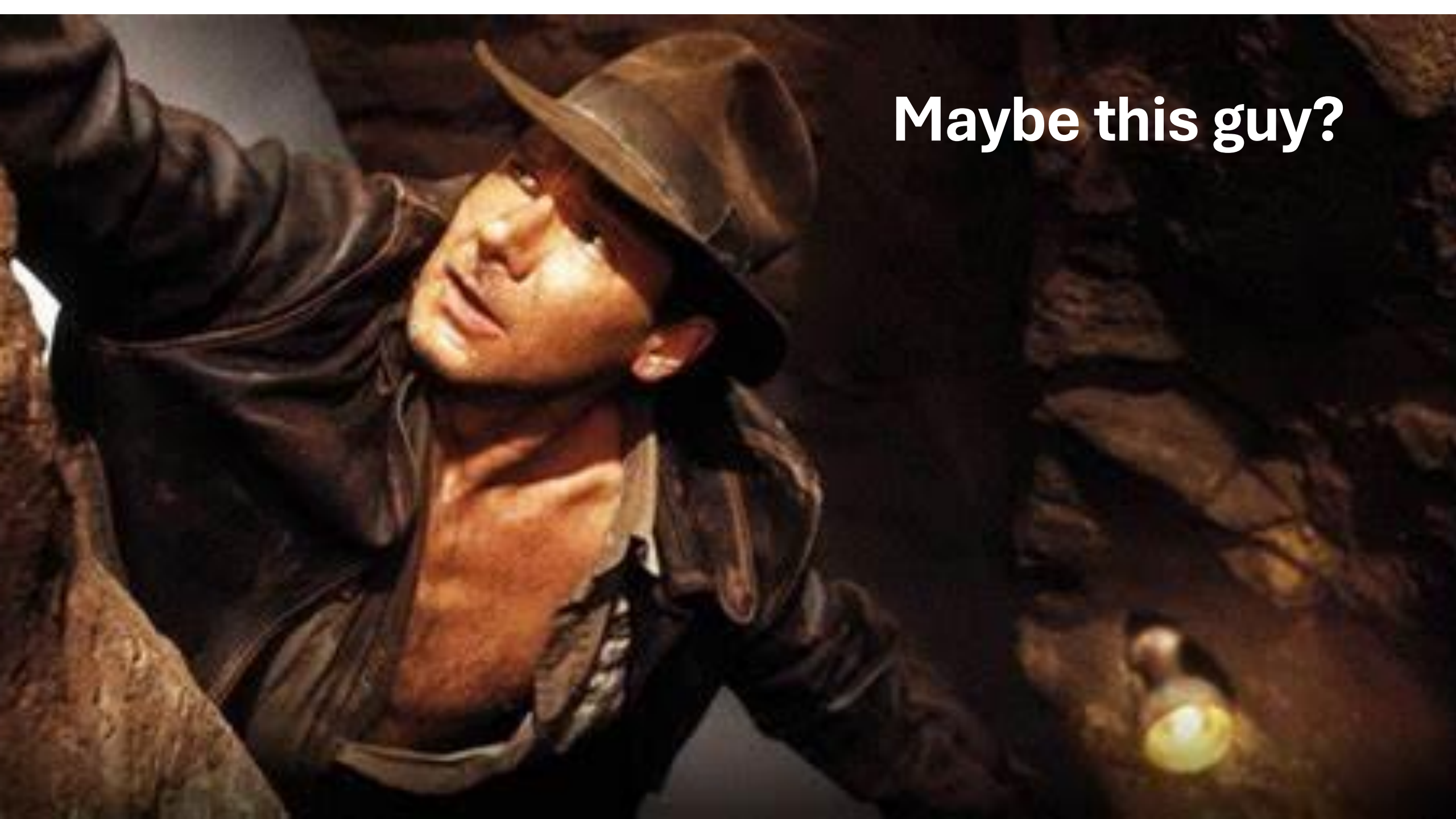
Some days


I am like *the good*, some days I am like *the*
bad and other days I am like *the ugly*.

But this music always lifts me, always sets me up for the day....

Nonetheless, I look for other, more consistent heroes or role models...

Maybe this guy?





sportsfile.com/045108

By Ray McManus

Find your
heroes –

Choose the
people who
believe in
you...



From my experience every disabled boy, if he is being honest, will tell ya his Mam is his biggest advocate, ally and supporter. My Mam is my rock.

But today I want to talk about my Dad, Seán Dempsey. Dad always accepted and believed in me. One time, after I was particularly 'naughty' instead of giving out he told me that I was 'his hero.' I always felt his love. Today is his 26th Anniversary. He died 26 years ago, on 18th May, 1998.

His death came only 5 months after this big accident. Before he died, however, he bought me a mountain bike and said, 'you will cycle it!' – I believed him then and I still believe him now – and it is that hope and love that drives me. This is not to minimise the role of my Mam, who I love and is immense but today I want to honour my dad. I know he is smiling down on me now. Indeed, he will tell me to stop 'bawling.'

Your Heroes – choose the people who believe in you...



Find your heroes –
Choose the
people who
believe in
you...

DRESS

to meet the day ...

Look at the elevator notice in the Fairways Hotel

**Agree or
disagree?
You are
what you
wear ...**



Dress to meet your day.

These guys are part of a style movement in Africa called **‘les sapeurs’** – they dress up to show even though they have little money that they are not poor because they have ‘style.’

Dress to meet your day: Supermind



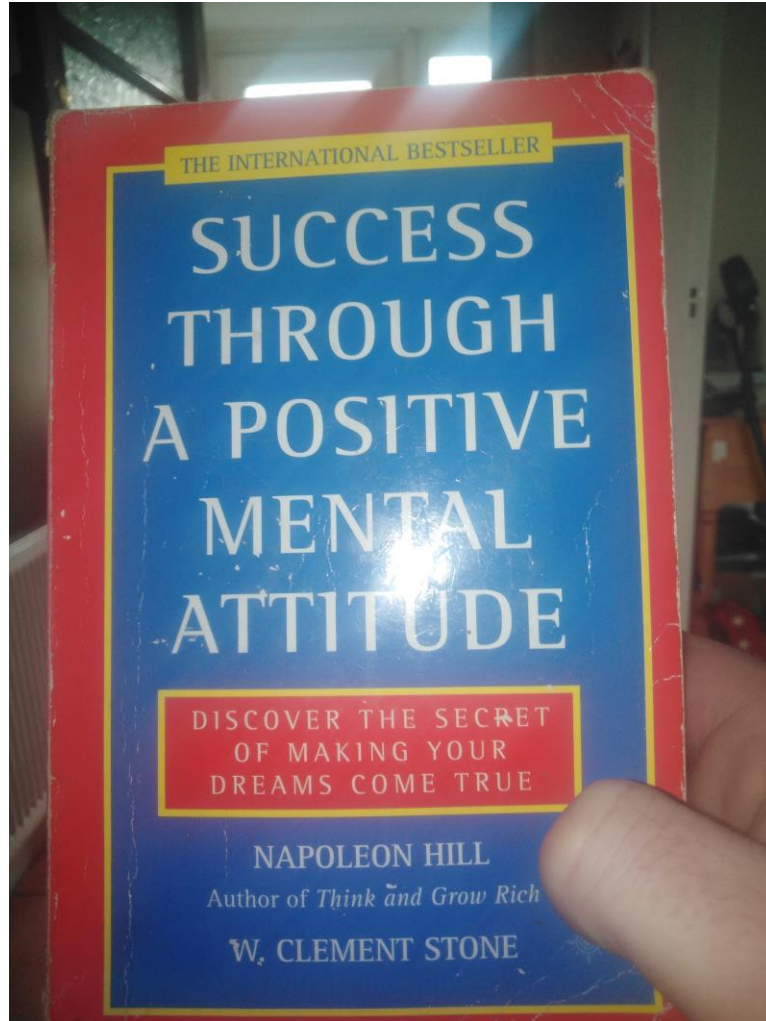
Prof. KJ Pine (2014) Mind What You Wear: The Psychology of Fashion

ALL OF THIS INFORMATION IS AVAILABLE IN BOOKS or
ONLINE ...

Reading is very important to the development of confidence.

Reading brings the world to us
even when we can't go to meet
the world.

Reading is key...



**CULTIVATE A POSITIVE MENTAL ATTITUDE AND
SEE YOUR WORLD CHANGE POSITIVELY**

Can I share with you

***the dirtiest
four-letter word***

the one I hated the most
when I was a young boy?

“HELP!”

Do ya want help?

Can I help ya?

You alright, bud, you want help?

May I help ya?

God help us and save us!

But then one day ...

... I admitted to myself I was bad at some things but there are things I am great at. I stopped saying NO to opportunities.

I started going out more, when I was asked instead of offering excuses. I started experiencing new things instead of saying 'not for me.' I reconnected with friends and learned they didn't care that I was not as fast as them.

My condition is one of weakness and suddenly I was no longer scared about what my body could do and couldn't do. Or how people saw me unless they saw me as '... bloody great.'

It takes a strong person to admit their weaknesses. In my case saying NO TO NO made my confidence grow.

... and I stopped saying **no** to things. Instead, I say **‘Yes’**.

Yes is positive and positivity creates opportunities...

But then one day ...

She asked if I wanted help, and cos **she** has the most beautiful brown eyes and the loveliest smile and **she** makes a lovely mug of tea, I said **yes**. And we got talking. I made her laugh and she made me laugh. And then we went out to dinner ...

**CULTIVATE A POSITIVE MENTAL ATTITUDE AND
SEE YOUR WORLD CHANGE POSITIVELY**

... say 'Yes'.

Yes is positive and positivity
creates opportunities...

Yes builds confidence.

No 2 No

I stopped saying no
to things
and I tried wheelchair
hurling



I stopped
saying no

And I
travelled...
I lived in the
Sultanate of
Oman for 10
years



I stopped
saying no to
new
experiences

I learned how to
drive



AND I LOVE ROAD....

But most importantly...

When I stopped saying **NO** to offers of help. My world view changed. I said **YES** and with that, I met my *best friend*.

Her name is **Zhanna**.

Driving, traveling, wheelchair hurling these accomplishments are 'small victories'

Confidence really ...
is the **accumulation** of
many **small victories**

For better self-confidence

- Practise mantras
- Learn from mistakes
- Get dressed to meet the world
- Choose deserving **heroes**
(Maybe, you are your own hero...)
- No to no

Thank you
Thank you for having me here today.

Go raibh maith agaibh go leir.
Beir bua 's beannachtaí.

<https://www.youtube.com/watch?v=enuOArEfqGo>