

Fiona English - Positive Psychology Speaker, Coach, Consultant



Fiona is a coach and business consultant with extensive experience in global investment markets. Alongside working with clients, she researches, speaks and writes about Positive Psychology, the science behind what makes individuals and communities flourish.

Her research area is Spirituality, the pathways we take to spiritual practice and its potential to influence wellbeing in our lives. In 2019, she launched 'Exploring Spirituality', a series of projects aimed at creating open dialogue and conversations about spirituality in the 21st Century.

Believing we can all use our skills to make the world a better place, she mentors social entrepreneurs helping them to create sustainable businesses and is a board director of Dublin-based charity. In 2015, she was one of 50 women globally chosen to participate in the W50 Program in UCLA aimed at building the next generation of global women leaders.

For fun, she runs, hikes, travels and spends time with friends and family. She practices yoga and meditation and is a certified mindfulness and mediation teacher.