

Niamh Moynihan

PRODUCTIVITY AND WELLBEING KEYNOTE SPEAKER

Niamh Moynihan is an engaging speaker on a mission to help professionals rediscover the joy of work. With over 14 years of experience in the technology sector before founding Better Workday, Niamh brings a wealth of knowledge and practical insights to combat overwhelm and burnout. Her evidence-based yet deeply human keynotes address challenges such as heavy workloads and work-related stress, providing audiences with tailored, actionable strategies for success.

What to Expect

Niamh blends relatable storytelling, the latest research, and immediately actionable strategies to inspire and empower teams. Her talks are designed to spark fresh perspectives, boost engagement, and equip attendees with the tools to thrive.

Popular Keynote Topics

- Surprisingly Simple Ways to Transform Your Workday
- The Power of Consistency
- Re-energise Your Workday

The Result?

Expect enhanced morale, renewed motivation, and tangible workplace improvements - all delivered with humour, authenticity, and a commitment to sustainable success.

Check Niamh's availability today at <https://abetterworkday.com/contact> or email contact@abetterworkday.com



NIAMH WORKS WITH COMPANIES TO SUPPORT THEIR EMPLOYEES LIKE:

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