



Farzana Maudarbaccus

*Workplace and Organisational
Psychologist*



About

Farzana is Organisational Psychologist and certified coach with over 20 years of experience dedicated to enhancing human connection in the workplace. She partners with organisations, large and small, to raise awareness around the critical importance of employee wellbeing around mental health, engagement and sustainable performance.

Farzana works with leaders and teams to help them create healthier work cultures where people thrive. Through tailored wellbeing strategies, leadership coaching and assessment centres, she enables organisations to embed wellbeing into their everyday practices, for a long-term strategy.

She is an active member of the Psychological Society of Ireland, The Association for Coaching and the European Mentoring and Coaching Council. Farzana's approach is people-first, impact-driven, and rooted in evidence-based psychology.

Her mission is clear: to make workplace wellbeing a strategic priority, ensuring that employees are not only productive—but also fulfilled, balanced, empowered and able to do their best work while leading more meaningful and satisfying lives.

