



Michael Ryan

Men's Leadership and Wellbeing



With over 20 years of teaching experience, Michael Ryan has devoted much of his work to guiding men on their journey toward resilience, clarity, and authentic leadership.

A 500-hour Yoga Alliance certified teacher and personal instructor to Irish President Michael D. Higgins, Michael blends ancient practices with modern insight to help men thrive in today's demanding world.

Michael's work with men goes beyond traditional wellness. He creates safe, challenging, and supportive spaces where men can explore their emotional depth, reconnect with purpose, and cultivate the inner strength needed to lead with authenticity. His approach helps men navigate stress, develop emotional intelligence, and embody grounded leadership that inspires both in the workplace and in life.

By addressing the unique pressures men face, Michael supports the integration of resilience, compassion, and balance — qualities that are essential in high-performance corporate environments.

Key Themes

- Building resilience under pressure
- Emotional intelligence & self-awareness for men
- Redefining strength: leadership through authenticity
- Stress reduction & sustainable performance
- Creating safe spaces for men's dialogue in the workplace
- Practical breathwork & meditation tailored for men