



Niamh Devine

Mental Health, Resilience and Stress



Niamh is a TEDx Speaker, Mind-Body Mentor, Somatic Based Practitioner and Meditation teacher, who helps individuals and teams cultivate presence, resilience, and nervous system balance. Drawing on training in TRE® (Trauma & Tension Releasing Exercises), Yoga, and evidence-informed somatic practices, she guides people to reduce stress, release tension, and develop sustainable tools for wellbeing.

With a background of outward success paired with personal disconnection, Niamh’s work is grounded, accessible, and focused on practical transformation. She has led thousands of participants through live meditations, corporate wellbeing training, and group programs since 2020, offering clear, calm, and applicable methods for regulating the body and mind.

Her approach integrates somatic awareness, energy work, mindset, and breath-based practices to help organizations support employee wellbeing, enhance focus, and create healthier workplace cultures. Based in Ireland and working globally, Niamh is recognised by Insight Timer as a Top Teacher.

A certified TRE® practitioner with a background in international media—including appearances on CNN International, BBC World, MTV, Sky News, and RTÉ—Niamh communicates complex concepts with clarity and ease. She has guided hundreds of people through her programmes and is known for teaching the “language of the body” in a grounded, evidence-informed way. Her clients describe her approach as practical, impactful, and genuinely transformative.