



Rachel Dempsey

Sustainability and Regenerative Leadership



Rachel is a senior sustainability and wellbeing facilitator, with more than two decades of experience designing and delivering high-impact learning experiences. She specialises in education for sustainability and regenerative leadership and wellbeing.

Rachel holds degrees in Latin American Studies (BA), Ethnomusicology (MA) and Climate, Justice and Sustainability (MA), and is trained in forest bathing guiding, holistic wellbeing, Active Hope facilitation and sound-based therapeutic practices. Rachel partners with a wide range of organisations to deliver evidence-informed, transformative workshops that build capacity, resilience and strategic alignment around sustainability and wellbeing goals.

Her client portfolio spans corporate teams, public bodies and NGOs. Her work has been featured by RTÉ and the Irish Times, she was recognised as one of Ireland's leading climate visionaries on SEAI's *180 Degrees* podcast and is the founder of several impactful environmental and community initiatives.

SIGNATURE TOPICS

- Sustainable Wellbeing for Teams: Connecting Human and Planetary Health
- Voices in Sync: Strengthening Teams Through Singing
- Micro Mindful Moments – Rapid Somatic Tools for High-Performance Focus