



Laura Sarah Dowdall

Somatic Wellbeing Expert, Diversity & Inclusion Facilitator



Laura Sarah Dowdall delivers transformative workplace training programmes that address today's most pressing organisational challenges: executive burnout, team disconnection, and cultures where performance comes at the cost of wellbeing.

With Harvard Business School executive training, 20+ years as a professional dance artist and integrated wellness practitioner, and international business development experience, Laura brings a unique fusion of boardroom strategy and embodied practice.

As Artistic Director of Running Blind Dance since 2015, she has pioneered groundbreaking work in accessibility and inclusion, managing complex multi-stakeholder projects in collaboration with Arts Council of Ireland, government departments, disability organisations, educational institutions, and corporate sponsors.

Laura's expertise spans clinical somatic education, trauma-informed organisational development, family and systemic constellation work, and arts-informed leadership methodologies. Her work has been featured on RTÉ1 Nationwide, recognised with the Arts Council of Ireland 'Next Generation Artist' Award, and she presents internationally at major scientific and health conferences.

SIGNATURE TOPICS

- Diversity & Inclusion Training
- Team Building
- Resilience & Burnout Prevention
- Accessibility & Neurodiversity