



Ronan Harrington

Resilience expert with an inspiring story of how to cope with adversity

Overnight, Ronan went from senior leadership positions at the British Foreign Office and Extinction Rebellion to being diagnosed with a debilitating lifetime chronic illness. He's learned the hard way how to lead under pressure and stay strong in the face of adversity.

Ronan now teaches on the KPMG Executive Leadership Programme and is a resilience specialist at Tough Cookie, advising leading organisations including Sky, Meta and Accenture on how to create healthy, high performing cultures.

Ronan's biography

About Ronan Harrington

Ronan's expertise comes from senior leadership positions at the British Foreign Office and Extinction Rebellion, and now as a Resilience Specialist at Tough Cookie, where he counsels leading organisations including Sky, Accenture, Meta and Sage.

In his talks, Ronan shares the hidden drivers of burnout and what [neuroscience](#) based tools and cutting edge team practices are best to manage stress, overwhelm and drama.

The result is a healthy, high performing culture where people are at the top of their game.

Part of the magic of his talks is that he speaks from direct experience. As a direct consequence of burnout, he went from being a political leader for a global movement to being diagnosed with a debilitating lifetime chronic illness. He's had to learn, the hard way, how to be [resilient](#) when adversity doesn't let up.

His story is an inspiring journey of hope, one that has taken me west to confront the tragic loss of my brother and east for a private audience with the Dalai Lama. Through his dramatic highs and lows, audiences reframe their understanding of adversity as an invitation to grow as [leaders](#).

Now more than ever, people need guidance on how to perform under pressure and stress. This means real insights, the kind that can only come from deep expertise and genuine experience. Ronan brings both.

Ronan's talks

- **Social change and transformation**
- **How to change company culture for the better**
- **From Burnout to Resilience**
- **Mental health in the workplace**
- **Well being in the workplace**
- **Transformational leadership**
- **Performing every day under pressure**
- **How to have difficult conversations in the workplace**
- **Deeper employee engagement through meaning, purpose and belonging**
- **How to scale a healthy, high performance culture**

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