



## Dr Arlene Egan

Ph.D. , MLitt, BA phsysc (hons)

Head of curriculum and quality assurance

Arlene has close to twenty years-experience working within executive education, higher education, sport, and local government sectors and in multiple corporate arenas including financial, tech and media, where one of her last roles was Head of Learning and Development in Brown Bag Films.

Arlene is a highly experienced facilitator, programme designer, coach, consultant and researcher. With a background in Sports and Cognitive Psychology and her training in adult learning, Arlene has designed and delivered tailored programmes focused on many topics related to leadership, development and performance which include innovation, creativity and critical thinking and has recently released her new book aimed at third level educators entitled 'Confidence in Critical Thinking'.

In 2006, Arlene was awarded a PhD from University College Dublin in Psychology for her work on designing, implementing and evaluating initiatives to enhance critical thinking. This work which built on her MLitt in Sport Psychology provides Arlene with a unique perspective on the link between thinking and performance and provides her with a deep understanding of how thinking can be optimised to promote focused performance. Arlene established a training and coaching consultancy which focused on developing high performance teams, creative strategies for problem-solving and fresh approaches to leadership.

As a consultant, Arlene has worked with Senior Teams to identify the right learning environment to promote engagement and development within organisations. She has also worked with leaders from a range of sectors including telecoms, food, education, healthcare, tech and finance to design and facilitate programmes aimed at enhancing development and performance. Arlene is a certified StrengthScope practitioner and coach that allows her to develop a deep insight into individual and team strengths and needs.

Arlene has been a Non-Executive Director of an Irish mental health service and volunteers to work with social entrepreneurs. She has a passion for learning, leadership and transformation and remains an active research and writer in these areas. When delivering keynotes or facilitating Arlene has a style that is engaging and inspiring in line with her sense of creativity and innate curiosity.