

About Mary Callaghan

Mary Callaghan is a meditation instructor, trained by Deepak Chopra, and a strategic business coach.

For 17 years, she worked internationally in major corporations, mostly for Oracle and Digital Equipment Corporation, where she gained extensive knowledge of training, management and communications.

Following a car accident which dramatically changed her life and left her unable to work for almost two years, Mary researched many different healing techniques. In 2002 she trained with Dr Deepak Chopra, and became a teacher of Primordial Sound Meditation, a technique which was instrumental to her recovery.

With a passion for knowledge and philosophy, she now enjoys training people from all walks of life how to attain peace and wellbeing, effortlessly achieved using techniques such as meditation.

In the corporate world during the 1990's, as Strategic Marketing Manager for Oracle, Mary regularly spoke at business conferences throughout Europe on how the Internet and associated technologies would strategically change the nature of business.

She now teaches that maintaining personal well-being and effective self management are the new skills to be embraced by individuals and organisations that wish to succeed in the future.

In business, she has been teaching meditation and relaxation to senior executives from corporate and government sectors since 2002. This knowledge gives people the calmness and vitality needed to thrive in today's stressful business environment.

She has worked closely with Deepak Chopra as part of his management team on a number of international projects.