

Consulting Services

At Inner Bliss we also provide consulting services in Europe to advise on making your organisation a less stressful and more enjoyable place to work.

We provide in-house and off-site courses in relaxation and well-being.

Mary is also available to speak at conferences and company meetings, to give insights and practical advice on beating stress at work. To book Mary for a talk email mary@innerbliss.ie This email address is being protected from spam bots, you need Javascript enabled to view it

or call her on 087 202 1727