



Mary is an accredited Mediator and Certified Conflict Coach, in private practice since 2006 and has worked as a consultant in conflict-related areas in a wide range of organizations and workplaces in the public and private sector.

Mary is Lead Trainer on an MII Approved Accredited Mediation Programme to Certified Level, Director of Mediation Training with Hibernian Training courses, and guest lectures on three post graduate/masters programmes in mediation and conflict resolution.

Mary is also a member of the Kennedy Institute Workplace Mediation Research Group ([KIWMRG](#))

Mary specialises in coaching and mentoring for leaders and managers around difficult conversations in the workplace. She has designed a structured 8-step approach 'POISE NOW' to teach and coach leaders and managers to navigate 'difficult conversations' with greater clarity and confidence. Her eBook 'POISE NOW – Winning Conversations for Leaders and Managers' can be downloaded (free) [here](#)

Mary is certified in the internationally renowned and innovative CINERGY™ Conflict Management Coaching Model. She is also a member of the international team of Approved CINERGY™ trainers and has delivered the signature 4-day Conflict Management Coaching Programme both in Ireland and abroad.

Mary is also certified to administer the Conflict Dynamics Profile (Eckerd College, Florida), an assessment instrument dealing with conflict behaviors in the workplace which provides a powerful way to improve self-awareness of what triggers conflict in individuals as well as how they respond to conflict

Mary is a Director of the Mediators' Institute of Ireland and of the Accreditation Policy Committee.

Mary holds an Honours Degree in Education, a Master's Degree with Distinction in Social Science and has attended a wide variety of specialised trainings in the field of conflict resolution.