

# Elysia Hegarty

Future of Work Facilitator | Speaker | Writer | Podcast Co-Host |

## Bio

As Associate Director at the Future of Work Institute (Cpl Group), an award-winning consultancy and President of Future Work.World Ireland, Elysia helps leaders reimagine how people and organisations thrive together. With 20+ years' experience across HR, wellness, and employee experience, she partners with organisations to design inclusive, human-centred strategies, diagnostics that uncover what really drives engagement, workshops and talks that spark change. She is passionate about designing work that works for neurodiverse leaders, working parents and the people behind the job title with wellness at its core.

As President of Future Work World network Ireland and co-host of the Future Work World Podcast Elysia is passionate about bringing future focused conversations forward. She frequently speaks and writes on the future of work, neurodiverse leadership and employee wellbeing topics and MC's at industry conferences and senior leadership events having been featured in Silicon Republic, FinTech Times and Institute of Directors. She also authored and contributed to numerous whitepapers on topics of workplace wellness, future of work and attraction and retention of talent. Contact Elysia below to book one of her signature talks, MC your next event or to contribute to a publication.

## Style

Known for her honest, grounded delivery and a unique blend of strategic insight and experience, Elysia brings clarity to complex challenges in leadership, wellness and the future of work. She speaks with warmth, emotional depth and splash of humour to take audiences on a journey through story telling and action. Whether addressing senior leaders, individual contributors or emerging changemakers, her sessions are engaging, thought provoking and full of practical take ways.

Let's collaborate: [elysia.hegarty@cpl.ie](mailto:elysia.hegarty@cpl.ie) for speaking, writing, strategy, or advisory.

## Speaking Engagements & Media Features

### Speaking Engagements

#### External Events and Speaking Engagements

- 2024 – Charities Institute Ireland Summit, “Digital Disruption in the Workplace”, Panellist
- 2024 - HR & Employment Law Conference, “Neuro-Inclusive Recruitment and Retention – Tapping Into The Neurodiverse Talent Pool”, Speaker

- 2024 – Out of the Blue Expo, “Positivity, Passion & Purpose: Redefining Your Career”, Speaker
- 2024 - Manufacturing NI, “Employer of Choice Series”
- 2023 – RDI Hub Manufacturing Cluster, “Future of Work”, Speaker
- 2023 – Junior Achievement Ireland Future of Work Event at Dell – “Future of Work”, Speaker & Panellist
- 2023 – Limerick Chamber Annual Event – “Attracting & Retaining Talent”, Panellist
- 2023 - HR & Employment Law Conference, “Attracting and Retaining Staff during a Cost-of-Living Crisis”, Speaker
- 2023 – HR Ambition Summit, “Data Driven HR: Building a business case to implement and evaluate human capital initiatives”, Panellist
- 2022 – ATI Tech Day, “Leading at a Distance & Building Resilience”, Speaker
- 2022 – RDI Hub Launch Event, “Future of Work: Creating the WorkSpace of the Future”, Speaker
- 2022 - HR & Employment Law Conference, “Developing Organisational and Personal Resilience, Speaker
- 2021 – Executive PA Forum Conference, “Identifying your USP - Aligning your skills, strengths and values to accelerate your career”, Workshop Facilitator
- 2021 - HR & Employment Law Conference, “Placing Mental Health and Wellbeing at The Heart of Your Organisational Culture”, Speaker
- 2021 - Building Life Science Adventures, One Nucleus Event, “Diversity & Inclusion: Progressing from Intention to Practice”, Panellist
- 2020 - ICT Skillnet, The Future of Work Re-Igniting Ambition Event, “Help! My Career is Ruining my Health”, Speaker & Panellist
- 2020 - Fexco Women in Payments IWD Event, “Diversity Beyond Gender”, Panel Discussion MC
- 2020 – Executive PA Forum Conference, “The Future of the PA & EA Role”, Speaker
- 2019 - Future of Work Institute Cpl, “Using Health as a Strategic Enabler”, MC
- 2019 – RebelCon, “Mental Health in Technology”, Panel Discussion MC
- 2019 – Outsource Annual Conference, “Managing Your Business in Changing Times” Speaker
- 2019 - Construction Industry Federation Building Resilience Conference, “Future of Work”, Speaker & Panellist
- 2019 - Climate Finance Week, “Workplace Wellness: Time to Get Strategic”, Speaker & Panellist

## **Future Work.World Events (Future of Work Institute, Cpl led Events)**

Future Work World is a Cpl Future of Work Institute led private convergent community for those with a passion for the future of work, and a belief in changing work for the better.

- 2022 - “A Game Changer for Mental Health” Moderator
- 2023 - “Designing a Human Centric Organisation”, Moderator
- 2023 - “The Future Experience of Work”, Moderator
- 2023 - “Designing a Human Centric Organisation”, Moderator
- 2023 - “Augmenting Humans: Exploring our Technology Enabled, Human Centred World of Work”, Panellist
- 2024 - “Attracting and Retaining Top Talent: Why your Value Proposition is the Next Competitive Advantage” in collaboration with France Ireland Chamber of Commerce, Moderator
- 2023 - “Driving a Blended Workforce for Collaborative Advantage”, Moderator2024 - “Artificial Intelligence and the Future of Work” in collaboration with Ireland Japan Association, Moderator
- 2024 - “Supply Chain 5.0: Delivering on Patient Centricity”, in collaboration with CEVA Logistics, Panellist
- 2024 - “The New Leadership: Fostering Resilience, Embracing Change & Transforming Society”, in collaboration with Netgear, Panellist

## **Media Features, Publications & Articles**

### **Articles & Blogs External Media Features**

- Silicon Republic – '[Remote Work, Sick Days & Annual Leave](#)'
- The Fintech Times – '[Diversity Success Stories in Fintech](#)'
- Institute of Directors Ireland – '[How Can Leaders Move the Dial on Employee Wellness](#)'
- WorkWell Ireland – '[Who to Watch in Workplace Wellbeing in Ireland](#)'
- BusinessNews.ie – '[The Future of Work and Talent](#)'
- Talent Evolution Group – '[The Truth Behind Talent Retention](#)'
- Business Ireland Magazine - '[The Future of Workplace Wellness](#)'

### **Publications via Cpl's Future of Work Institute**

- 2019: “[Workplace Wellness: Time to Get Strategic](#)”, Whitepaper, Co-Author & Lead Researcher

- 2021: “[The Future of Work World](#)”, Whitepaper, Contributor
- 2023: “[Catching the Next Wave of Talent Innovation](#)”, Whitepaper, Contributor

#### **Articles & Blogs Featured on [LinkedIn](#)**

- [Working-Moms & The Contradictions that Shape Us | LinkedIn](#)
- [Embracing the ADHD Superpower and Understanding Its Kryptonite | LinkedIn](#)
- [The Bonds that Inspire Inclusion | LinkedIn](#)
- [The Workplace Wellness Shift | LinkedIn](#)
- [Effective Wellness lies with Your Leaders | LinkedIn](#)
- [The Workforce of the Future is Blended | LinkedIn](#)
- [The Great Attraction: Transform your People to Transform your Business | LinkedIn](#)
- [Resilience: The Sky Knows the Weather Very Well | LinkedIn](#)
- [Stop Giving Women Confidence Training | LinkedIn](#)
- [Resilient Leadership Traits I Learned From Training as a Dancer | LinkedIn](#)
- [What My Grandmother Taught Me about Each for Equal | LinkedIn](#)
- [HR, Are you Burning Out? | LinkedIn](#)
- [Choosing the Best Wellness Partner for Your Organisation | LinkedIn](#)
- [Wellness for Shift Workers | LinkedIn](#)
- [Taking Workplace Wellness to The Next Level | LinkedIn](#)
- [4 STEPS TO ATTRACT AND RETAIN GREAT TALENT | LinkedIn](#)
- [Why Your Workplace Well-Being Programme is Failing | LinkedIn](#)
- [5 TIPS TO SELECTING A WORKPLACE WELLNESS CONSULTANT | LinkedIn](#)

#### **Articles & Blogs Featured on [Cpl.com](#)**

- [Good Leaders Create a Culture of Wellness](#)
- [Adapting Business Culture & Managing Employee Mental Health](#)
- [Boosting Engagement & Productivity Through Strategic Wellness](#)
- [Future of Wellness Series: The Next Wave of Workplace Wellness](#)
- [Future of Wellness Series: Utilising Data for Ultimate Wellness Success](#)

# Podcast Interviews and Features

## Podcast Features

- Happier At Work Podcast – “[The Future of Wellness](#)”
- Engaging Talent Podcast – “[Does Workplace Wellness Really Work?](#)”
- Team Anywhere Podcast – “[Supporting Workplace Wellbeing on a Remote Team](#)”

## Future Work World Podcasts Features

### [Future Work World Podcast](#) - Co-Host

- EP 01 – “What is the future of work anyway” (Barry Winkless Interview)
- EP 02 – “The Leadership DNA in Life Sciences” (guest: Ros Deegan)
- EP 03 – “Pitch to Boardroom – Leadership principles from GAA” (guest: Mick Bohan)
- EP 04 – “Driving Inclusivity in Manufacturing and Beyond” (guest: Kathleen Ryan)
- EP 05 – “Creativity for Workplaces to Thrive” (guest: Patrick Kabanda)
- EP 06 – “Social Sustainability & The Future of Work” (guest: Mark Wood)
- EP 07 – “Democratisation of the Tools and Technologies of Work” (guest: Gavin Fogarty)