

# Bio Energy Academy of Dublin



## Helen O'Flinn Background

I'm so happy to have you here. My name is Helen O'Flinn and I would like to give you a bit of background as to how I ended up working in the area of well-being.

I am the Managing Director of the Bio Energy Academy of Dublin and the Founder of Helen O'Flinn Holistic Wellbeing. My passion in life is sharing my skills and experience so that others can have the most optimal experience in their health and wellness journey.

Prior to moving over to the wellbeing sector, my background was in corporate management, in human resource management. I worked in public sector, private sector, across consultancy practices, with NGOs. I have worked in Asia across different places in Europe and I have also worked in East and West Africa. My focus in my Human Resource Management and leadership days were all around organization development, people-centred development, leadership development and learning and development. I had also trained in many complementary therapies while I was doing this work and had

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brought some of these practices into the organisations where I worked where there was an openness to this.

I also trained and practiced in a wide range of complementary therapies honing my skills and developing new ways of working to achieve the optimum results for my clients. I combine all of these skills and experiences into the programmes that I develop and train today.

Part of my journey to get to the point of having passion to work in the area of Energy work was being told I had an autoimmune condition of Alopecia which was hair loss. I was told I had two types of this condition. I went on a two year quest on the main stream medical side of things and on the complementary side of things to figure out what was going on. Nothing worked, although some things made me feel a lot healthier. It wasn't until I came across Bio Energy that everything changed. I had four sessions and my hair started to grow back. But it wasn't just my hair growing back that led me to want to know more. I found out about where the impacts of imbalance were held in my physical body and energy field. And I also found out why these imbalances had occurred. This process of being able to trace root cause had me hooked. Knowing that I could have more control over this potentially not happening again led me on the path that I am still on today. The path of knowing and the path of sharing that we can have so much more control over our health and wellbeing than we may realise.

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This course (and all of our workshops and courses) have a focus on how can we bring the sometimes abstract work of energy healing into a practical format that anyone can learn. And where anyone can use the tools to support themselves and others on a daily and moment by moment basis to ensure they have optimum health and wellbeing on a mental, emotional, physical, spiritual and energetic level. This is my passion, to teach and share this as widely as possible with all who are interested.

The fire was lit inside of me. When you know you know. Those who walk this path of bringing energy work into their life experience get to understand a deep and profound wisdom that exists within all of us. Is accessible to all of us. We just need a structure, processes and a practical way to transfer it over from the abstract into a step-by-step approach to follow. A way to bring it into our daily life experience.

I'm here to support you. And I'm really, really excited to share this material with you and I really hope you enjoy this programme.

Lots of love and light,

A handwritten signature in black ink, appearing to be 'Helen', written in a cursive style.

Helen xx