

Sinead Mac Manus

Founder and Yoga Teacher at 8fold | Digital Wellbeing Consultancy

London, United Kingdom, England, GB

Digital Coach | Productivity Coach | Digital Trainer | The Business Yogi | Social Entrepreneur | Yoga Teacher

Biography

Hi there, I'm Sinead - a Digital Trainer, Productivity Coach and Digital Coach and Founder of 8fold - a digital well-being company that helps busy people make the most out of the web and social media - without the stress. I speak regularly on the social web, productivity and digital balance at conferences and events. If you are looking for a speaker, panel member or host for your event, do get in touch. I write about mindful 21st century working at my blog and I am the author of From Apps to Zen: 26+ Ideas for Building a Business with Balance and The Business Yogi: How to be Happy at Work. I contribute to articles on digital productivity, lifestyle design and balance on a range of websites and online magazines. ** Contact Me: Do get in touch if you think I can help you. Tel: +44 (0) 7795 363 661 Email: sinead@eightfold.org Web: www.eightfold.org Twitter: @sineadmacmanus Specialties: digital wellbeing; digital health; social media; online tools; new technology; e-learning; web 2.0; productivity; simplicity; work-based stress; mindfulness, social entrepreneurship, yoga

Industry Expertise

Training and Development, Women, IT Services/Consulting

Areas of Expertise

Productivity, Social Media, Wellbeing

Sample Talks

The Future of Work

My talk for TEDx SquareMile.

Event Appearances

The Future of Work Has Left the Building

TEDxSquareMile

Education

University College Dublin

Masters in Regional and Urban Planning Regional and Urban Planning

School for Social Entrepreneurs
Action Learning

University College Dublin
BA Hons Geography and History of Art

Birkbeck, U. of London
Professional Diploma Arts Management

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