

ERIN DOLAN

Certified Health & Wellness Coach, Diabetes Advocate, Motivational Speaker



ABOUT ME

Erin is an experienced certified health coach, speaker, and wellness advocate with a passion for empowering individuals to lead healthier, more mindful lives. Diagnosed with type 1 diabetes as a child, Erin has turned her personal challenges into a source of inspiration.

Erin inspires individuals to embrace wellness, overcome barriers, and live a life with passion. She has been health coaching since 2014, specialising in mindfulness, nutrition, and behaviour change techniques. Erin has also developed and led online wellness programmes, retreats, and workshops on mindfulness, resilience, and practical approaches to thriving against the odds.

CREATOR

BLOG + COLLABS

www.crazyaboutdiabetes.com

AMBASSADOR

FREESTYLE LIBRE

IG @freestylediabetes
FB @AbbottFreeStyle

INFLUENCER

1,800+ IG FOLLOWERS

@crazyaboutdiabetes

GET INSPIRED

Erin delivers tailored wellness coaching programmes that support employee health, focus, and resilience—both in and out of the workplace. Drawing on her journey with type 1 diabetes and expertise in behaviour change, she helps teams reduce stress, boost energy, and build lasting wellness habits.

Erin has worked with corporate teams, schools, and wellness groups, creating safe spaces for growth and positive change. Programmes can be customised and delivered onsite or online, with flexible durations from 4 to 12 weeks to suit each company's needs.

ACHIEVEMENTS

National Board Certified Health & Wellness Coach
Certified Lifeguard and Level 1 Surf Instructor
Master in Marketing Communications
Certification for Coaching Teenage Girls in Sport
Clare Type One Diabetes Meet-up Organiser
Co-Founder Irish Midwest Diabetes Advocacy Group
Cycled 4,000+ km across Central America
Abbott FreeStyle Libre Brand Ambassador
Chicago Marathon and Triathlon Finisher



PROGRAMME THEMES

Erin's programmes combine evidence-based guidance with a touch of fun—using visuals, interactive coaching, and even some nourishing food to make learning about health engaging and enjoyable, never shame-based.

Thrive at Work: The Whole-Person Wellness
Stress Reset & Self-Care Toolkit
Fuel & Move: Daily Habits for Better Energy
Clear the Clutter: Focus, Flow, Clarity
Lead Well: Resilient Leadership Coaching
Finding Your Authentic Self

CONTACT

*GET IN TOUCH AND
LET'S DISCUSS HOW WE
CAN SUPPORT YOUR
TEAM'S WELLBEING*

+353 87 705 3922

info@crazyaboutdiabetes

www.crazyaboutdiabetes.com

[@crazyaboutdiabetes](https://www.instagram.com/crazyaboutdiabetes)

EMPOWERMENT

Through Dance



As a wellness advocate and dance movement facilitator, I help individuals and organizations harness the transformative power of dance. With a background in health coaching, mindful movement, and diverse dance styles — I guide people to reconnect with their bodies, shift energy, and embrace their true potential.

My workshops go beyond fitness - they improve focus, reduce stress, and build empowerment while promoting positive body image. Through inclusive and self-expressive workshops, participants gain tools to bring joy, balance, and creativity into their daily lives.

Dance is a powerful way to shift energy, release tension, and spark creativity.

Energise & Empower – 1 Hour Workshop

This workshop helps participants embrace their strength and confidence through dance. With self-expression and fun movement, employees gain tools to manage stress, enhance well-being, and boost creativity, developing mindfulness and self-love.

- Increased confidence and self-esteem
- Stress management breakthroughs
- Enhanced creativity
- Mindfulness in motion

Custom Dance Wellness Workshop

For groups seeking a deeper integration of wellness through dance, I offer customised programmes that can span over several weeks. Combining movement, energy shifting, and mindfulness techniques, it builds long-term wellness and connection.

- Stress reduction and team morale
- Long-term focus and productivity

Shift Your Energy – 1 Hour Workshop

An energising session designed to release stress, boost morale, and reset mental focus. Through dance, mindful movement, and breathwork, participants will shift their energy and return to tasks with renewed clarity. Accessible to all fitness levels, it's ideal for team-building or wellness events.

- Improved focus and clarity
- Stress reduction and energy boosting
- Enhanced team collaboration
- Empowerment and body positivity

Let's work together 