Ronan Harrington

Ronan Harrington is the perfect speaker on how to move from burnout to resilience, with expertise that comes from a decade of senior leadership, and insights that come from hard won experience.

Over a decade ago, Ronan became one of the youngest Fellows of the Royal Society of the Arts. As a lead Futurist to the British Foreign Office (at the age of 24), he authored a report on the world of 2030 and how the British Government should respond.
He then went on to lead the political strategy for the Global Environmental Movement, Extinction Rebellion, coordinating a global protest movement in over 60 cities around the world. Later, as a strategic lead at RethinkX, he led the narrative creation for Rethinking Humanity, a seminal report on the prospects of major societal change in the coming decade.

Overnight, Ronan went from senior leadership positions to being diagnosed with a debilitating lifetime chronic illness. He's learned the hard way how to lead under pressure and keep going in the face of adversity.

In his talks, Ronan shares the hidden drivers of burnout and what neuroscience-based tools, and cutting-edge team practices are best to manage stress, overwhelm and drama, reach new levels of performance, and how to be resilient when adversity doesn't let up.

Now more than ever, people need guidance on how to perform under pressure and stress. This means real insights, the kind that can only come from deep expertise and genuine experience.
Ronan brings both.

Ronan teaches on the KPMG Executive Leadership Programme and advises the world's leading companies on how to create healthy, high performing cultures.

He received a Masters in Public Policy from Balliol College, Oxford University, and then became one of youngest executives in the City of London, as Director of Futures, Strategy and Animation at RPC.