

Finn Ní Fhaoláin

Saltwater Stories



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Finn is a marine scientist, speaker and best-selling author. Finn holds a BSc in Earth and Ocean Science, an MSc in Marine Biology and a Certificate in Culinary Arts. She works freelance for the Irish Whale and Dolphin Group and is an ambassador for Clean Coasts and An Taisce's Climate Change Programme.

Finn has worked with a wide variety of companies and brands producing written, video and social media content for the likes of; The Wild Atlantic Way, SSE Airtricity, Failte Ireland, Aldi, Patagonia, Rockshore and Mazda.

Represented by Speaker Solutions & Front Row Speakers, she gives talks and demos for corporate groups, festivals and TV around healthy eating, sustainable living and going plastic free.

Finn has been nominated for Forbes 30 Under 30 Europe 2018, came runner up in Donegal's Best Young Entrepreneur 2018, helped her partner create Burro Burro (a Mexican burrito bar) in 2019 and received a McKenna Award for the zero waste gluten free bakery Milish, that she created in 2019.

Finn also works with hotels and restaurants to help them increase gluten free and vegan offerings on their menus; reduce kitchen and staff costs; and become more sustainable. She has worked on or created menus for the likes of Camile, Harvey's Point, Lough Eske Castle and Kerala Kitchen.

Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine