

Antoinette Moore

Pyramid Holistic Centre



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Antoinette Moore offers reflexology, massage and aromatherapy courses from the Pyramid Holistic Centre.

Her central mission is to help people wishing to either change careers or take their existing skills as a therapist to another level.

The business is run primarily from Donegal, with a centre in Dublin, and now employs a number of teachers on a freelance basis, as well as a couple of assistants who keep up with administrative tasks. She hopes to extend the service to Galway and Munster in the future.

Antoinette has also recently developed a post-qualification business mentorship programme for students aiming to start a business of their own.

“Therapists are people focused, not business focused, so there’s a gap in the market to provide training to people like that,” she says.

The Therapy courses, which are accredited by the International Therapy Exam Council (ITEC), have proved popular with students, who are encouraged by her 100 per cent pass rate and one-to-one teaching within small group sizes.

“I run my courses on a modular basis. I know when students are ready to take final exams. We offer the option of doing some exams first. Once they’ve passed, they can then continue with the rest,” says Antoinette. She also offers short courses accredited by the Federation of Holistic Therapy (FHT).

Antoinette believes the support she offers students is key to the centre’s success as many have not experienced formal education since their school days, meaning the decades-long gap has left them out of practice in terms of managing their time.

“We give our students every opportunity to succeed through engagement and online learning supports. They can recap the lessons covered in the classroom by logging into our online learning platform,” she says.

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