

## Bridget McAuliffe

### *Quest and Thrive*

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**B**ridget McAuliffe has always been passionate about the positive impact that healthy lifestyle habits can have on our physical, mental and emotional health, and well-being.

Recognising the importance of preventive habits, which tackles the underlying causes of health issues rather than just the symptoms, Bridget established her own company, Quest and Thrive, in Co. Kerry, in 2022.

Quest and Thrive is a whole-health and well-being event organisation company, curating day events, residential retreats, expert talks, and conferences. The events revolve around six key pillars: natural movement, good eating habits, restful sleep routines, effective stress management, fostering positive social relationships, and discovering a clear sense of purpose in life.

“We bring together experts in various fields such as movement, sleep hygiene, exercise, and nutrition to deliver our events in beautiful locations in Ireland,” Bridget explained.

A unique aspect of the retreats is the inclusion of workshops on the Wim Hof Method, a form of cold-water therapy that teaches individuals valuable breathing and meditation techniques for stress management.

“Recently, we held a series of popular day events at the MOYA Festival in Ballybunion, where we hosted a Wim Hof workshop and a Move Free-Eat-Swim event emphasising the significance of natural movement. With our sedentary lifestyles dominated by technology, we aim to counteract the negative effects and promote greater mobility and well-being,” Bridget said, adding that Quest and Thrive has a full schedule of events for the coming months, taking place in a variety of locations.

Bridget is grateful to ACORNS for connecting her with like-minded entrepreneurs, adding that the peer-to-peer knowledge-sharing has been “invaluable” for her business.

“While receiving input from experts is fantastic, the connections and friendships I’ve formed within my ACORNS group have been truly invaluable. We support and inspire each other, sharing the learnings we gather along our respective journeys,” she remarked.

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



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