

Breda Maleney

Níos Mó Nutrition

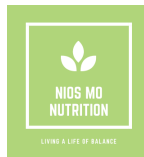


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Breda Maleney, whose business is based in Belmont, Birr, Co Offaly, set up Níos Mó Nutrition in September 2019 having already operated a healthy snack company for a number of years.

The Galway native found that her original business, Níos Mó Foods, gave her a growing interest in nutrition, so she studied to become a nutritional therapist with the College of Naturopathic Medicine and founded Níos Mó Nutrition after she qualified. Breda subsequently also qualified as a positive health coach.

Níos Mó Nutrition crafts customised wellness plans that integrate up to date nutritional science with a compassionate and client-centred approach.

Breda says her second business venture was a natural progression from the first, which she wound down while she was studying, after she identified a gap in the market for nutritional therapy because people were looking for a more holistic approach to their health and wellness.

She started the business at home and still works from home via Zoom or visits clients in their homes. Breda also lectures in nutritional therapy at the College of Naturopathic Medicine and considers education and the provision of information as key to her business offering.

Breda says her business milestones come from the feeling of being able to guide clients on their own journey to optimal health and seeing their transformation after giving them a tailored health plan.

She says one of the great benefits of the ACORNS programme was having access to other professionals because that is how you learn. Tapping into the knowledge and experience of the other participants was invaluable to her.

To augment the business, she plans to create online courses in health and wellbeing, and she is in the process of creating a podcast. She also plans to expand existing work she does on local radio.

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