

## Emma Lynch

### *EQ Vibration*



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EQ VIBRATION

Emma Lynch's 16-year career working in the pharmaceutical industry revealed emotional intelligence training as the key to unlocking team and individual high performance.

Emma has set up a consultancy firm, EQ Vibration (EQV), to help medical affairs professionals thrive in the pharmaceutical industry.

EQV caters to medical affairs professionals, the pharmaceutical industry clinical data experts, helping them thrive in the workplace through an online course and live mentoring. The focus, the PhD graduate from the University of Notre Dame in the United States explains, is on high performance.

"We help them excel – mastering internal and external stakeholder relationships and harnessing an entrepreneurial mindset of value, innovation and impact for patients, healthcare professionals and the organisation," says Emma, who counts a number of top ten pharmaceutical firms among her client base.

Emma has managed to cut costs by using tech solutions to deliver her Thrive Method programme. Despite her heavy workload, she employs just one part-time administrative staff member and ensures her time is spent with clients rather than on administrative tasks.

She credits ACORNS with providing vital guidance in the early phases of her entrepreneurial journey, adding that as a mother to two young boys, the direction and target-setting was key to her progress.

"ACORNS has been instrumental in creating a network for me. Before I took part in the programme, I felt very isolated and was looking for opportunities to network. It was great to have access to so many likeminded people who are successful in their field," she adds.

If you are interested in high performance and want a proven method to take you there, please go to [eqvibration.com](http://eqvibration.com) and book a free 20 min discovery call with Emma

***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  
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