

Bridget McAuliffe

Quest and Thrive

CONTACT DETAILS

T: +353 (0)87 2342005

E: questandthrive@gmail.com

Facebook: Quest and Thrive

Instagram: @questandthrive

LinkedIn: Quest and Thrive

W: www.questandthrive.com



Bridget McAuliffe is the founder and creative director of Quest and Thrive, a wellness events company based in Co. Kerry that designs and delivers transformative experiences for diverse audiences across Ireland. Since 2023, Bridget has curated and organised hundreds of events for groups in the educational, community, hotel and corporate, festival, and tourism sectors.

From large-scale festival wellness zones to intimate corporate retreats, Quest and Thrive's programmes are built around six core pillars of wellbeing: natural movement, good eating habits, restful sleep, stress management, positive social connection, and purpose. Bridget has developed and led flagship events such as the 5-day Wellness Zone at Féile Thrá Lí, which has grown year on year to welcome thousands of attendees. Participants experience yoga, breathwork, meditation, expert talks, creative workshops, and outdoor activities, all delivered in partnership with leading wellness practitioners and inspiring local venues.

Quest and Thrive's events are designed to be accessible and impactful, leaving participants with practical tools for healthier, more connected lives. Bridget's work with schools has helped students and teachers manage exam stress and boost resilience. In the corporate sector, her tailored wellness days have improved staff morale, fostered stronger teams, and encouraged sustainable lifestyle changes. At festivals and tourism events, her curated programmes showcase wellness as both a personal investment and a visitor experience, strengthening local economies while supporting community wellbeing.

Bridget credits ACORNS with providing the network, confidence, and peer support to grow her business. "ACORNS taught me that building a business is as much about community as it is about vision. When you bring the right people together in the right environment, transformation happens."

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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Food and the Marine