



Ann-Marie Goodbody

Workplace Whole-health & Wellbeing Ambassador

Ann-Marie is a UKIHCA-Registered Health Coach, speaker and performance health consultant specialising in whole-person wellbeing for high-achieving professionals.

With over 25 years in the City, first as a corporate lawyer at Travers Smith, then in senior business development roles at Weil Gotshal, Reed Smith and Slaughter and May, she understands the pressures and performance demands of professional life.

After experiencing burnout and chronic illness herself, Ann-Marie became committed to prevention. She believes sustainable high performance depends on protecting and building the biological capacity that underpins it. Drawing on lived experience, behavioural science and strategic insight, she supports individuals and organisations to strengthen energy, resilience and clarity, working with the body, not against it.

Through [Goodbody Wellness Co.](#), founded in 2025, she delivers evidence-informed talks, workshops and coaching that position whole health as the foundation for long-term professional success.