



**Kate Moran**

**Workplace Whole-health & Wellbeing Ambassador**

Kate Moran is a Senior Associate Costs Lawyer with over 25 years' experience in the legal sector. She is also a UKIHCA registered Health Coach and a LawCare volunteer. Kate holds an MSc in Psychology and has a strong interest in wellbeing within the legal profession, with a focus on how evidence-based approaches can offer meaningful support in the workplace.

Kate advocates for supporting health and wellbeing at work through collaborative, person-centred and data-informed approaches. She is particularly interested in how qualitative and quantitative insights can deepen understanding of lived experience and inform practical, sustainable change in work design and organisational culture.

She believes that physical, psychological and emotional health are interconnected, and that strengthening both individual and organisational resources is central to enabling people to thrive at work.

She believes that health coaching provides a confidential and ethically grounded space in which employees can explore challenges and barriers, clarify priorities and feel genuinely heard. With informed consent and appropriate anonymity, insights emerging through the coaching process may also contribute to the development of healthier and more sustainable organisational practices.

She is passionate about co-creation, interdisciplinary collaboration and developing approaches to workplace wellbeing that are rigorous, inclusive and grounded in real-world context.