

Breaking the Mould

Clare O Connor - Change Maker, tells her exceptional story



Clare spent ten years travelling the world as a Marine Engineering Officer in the Merchant Navy, and for nine months of one year, did not see another woman or a child. In Irish History, only a handful of women had achieved the same qualification by the time she sat her Chief Engineers exams. This is Clare's passionate and inspirational story of how she navigated these waters, reconstructing conventional stereotypes and changing perceptions.

Progressing through the ranks at sea, living and working in some of the world's most challenging environments, Clare learned from experience how to live and lead the change she wants to see in others. Growing through adversity and overcoming many obstacles such as loneliness, inherent bias, and her own perfectionism, Clare developed resilience, determination and self-efficacy. She learned how to challenge the status quo and how important it is to be part of a team and champion others. In her life ashore, Clare continued to smash gender barriers as she became the first woman to take an engineering position in not one, but two Irish companies.

Clare again broke the mould in 2019 when she set up Clare O Connor - Agent of Change, dedicating her career to working with and advocating for females challenging traditional stereotypes in STEM and beyond. Her experience of 15 years working in an all-male environment, and her ability to share her personal experience & learnings with humour & candour, makes her a Powerhouse in women's leadership. She now uses these tools and skills in her role as a qualified coach and trainer.

Book Clare for these and more

Keynote Speaking

Motivational Speaking

Equality, Diversity & Inclusion

Schools & Youth Groups

Online Speaking

Leadership development

Community Groups

Female events

Entrepreneurial events

STEM events

Team building events

Management teams

About Clare

Clare worked as a Marine Engineering Officer in the Merchant Navy on some of the largest ships in the world. In her ten-year career journey to Chief Engineer, most often as the only female on the ship, her time was spent commanding teams, developing strategy, managing crises and implementing change. She has since qualified as a Coach and Trainer to inspire future generations to achieve what they feel is impossible.

You can also contact Clare for Career & Leadership Coaching & Training For Females in STEM and beyond, Career & Business Mentoring, and Facilitation.



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