



# Karen Dwyer

## MS to Success

Karen Dwyer is the founder of MS to Success, a health and wellness program for people living with Multiple Sclerosis. Karen is on a mission to share with others what she discovered when living with MS and on her own journey back to health.

She used her own experience to create the MS to Success programs having experienced a real missing component in patients' emotional care post diagnosis. Although in its infancy, the programs have seen many success stories, such as: 'I've rediscovered my self-confidence, considering work again after almost 10 years, more focus, new routines and the skills to put more in place, improved self-care'. Participants for the programs come from countries across the world including USA, Canada, UK and Austria.

Karen was named as a top female entrepreneur to watch in 2019 by Iconic Offices, and was nominated as one of Ireland's Most Inspiring Wellness Entrepreneurs in *The Graham Norton Gin Inspiring Awards 2019*.

She had her first entrepreneurial journey in 2004 on a Channel 4 program called Make Me A Million where she co-founded a multi-million-pound childrens' cosmetics company and was the first to create a 'no nasties' product for children. Her career included luxury retail management, media sales management and Manager of Sunshine Radio, before she harnessed her business skills and experiences into her wellness enterprise.

[www.mstosuccess.com](http://www.mstosuccess.com)

