



# Aisling Larkin

## MoWell Bar

Aisling Larkin is a leading food broadcaster, appearing on national television weekly for over a decade and on radio every week for four years. She is also a food and wellbeing strategist and founder of MoWell Bar. Aisling holds a B.Ed from Trinity College Dublin, an MSc in Culinary Innovation and NPD, a Postgraduate Certificate in Feeding Therapy, a Professional Certificate in Workplace Wellbeing from Trinity, and has completed Organisational Leadership at Oxford's Said Business School, as well as MB.Eat in MBSR-based mindful eating.

Aisling began her career in hospitality, gaining early hands-on experience in food and service, before moving into broadcasting, where she explored how people relate to food, drink, and social rituals — and how these choices impact wellbeing, presence, and enjoyment. She is also the creator of Enrich, Ireland's first food-centric corporate wellness programme, developed over two years from inception to final reporting.

In 2025, Aisling launched MoWell Bar, a concept designed to reimagine social gatherings and drinking experiences. The bar focuses on non-alcoholic cocktails, seasonal and carefully crafted beverages, and mindful hospitality that prioritises flavour, ritual, and connection. MoWell Bar offers curated events, workshops, and collaborations that allow guests to experience thoughtful, inclusive, and present social occasions.

Since its launch, the business has grown organically through small-scale events, bespoke corporate activations, and community engagement. Looking ahead, MoWell Bar aims to expand its experiential offerings and partnerships, continuing to create moments where people can enjoy a well-crafted drink while embracing connection, clarity, and mindful presence.

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

