

WFWP Ireland: Unlock Your Living Legacy with Fiona Dowd

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On the 16th of July, we came together on Zoom for an empowering evening called Unlock Your Living Legacy with Fiona Dowd and it genuinely felt like more than a session. It felt like a space where clarity could land, courage could be practiced and confidence could be strengthened in real time.

Ms. Fiona Dowd, tutor, qualified journalist, certified life coach, and founder of The Legacy Way™, guided us through a reflective experience designed especially for women in leadership, entrepreneurs and community groups. The theme was simple, but powerful: exploring our living legacy the people we come from, the people we are, and the people we serve. From the start, the tone was warm and purposeful. You could feel that everyone had permission to slow down and think deeply, without pressure to "perform" or have everything figured out.

Our group included 34 women from across Europe, which added a beautiful richness to the conversation. Even though we were joining from different countries, time zones, and backgrounds, the shared thread was unmistakable we were all searching for something that lasts - something meaningful beyond titles, achievements, and busy calendars.

One of the evening's best moments was the way Fiona invited us into small breakout rooms. We were asked to reflect on the three "C"s and what they meant personally and professionally. In those smaller spaces, the conversation shifted from "What is the concept?" to "What is the truth for me?" That difference mattered. It created room for honesty, for connection, and for insights that can't be rushed.

After the breakout discussions, we regrouped and shared as a whole group. Hearing everyone's perspectives was both inspiring and grounding. Some reflections were quietly profound; others were bold and energising. What stood out most was how the same framework sparked such different, yet equally valid, meanings. It reminded me that legacy isn't one size fits all, it's lived, shaped, and expressed in the

particular way each of us moves through the world.



[See the zoom recording](#)

Throughout the session, we weren't just absorbing ideas, we were actively strengthening our inner compass. Many attendees left with practical tools to support their clarity, courage and confidence, but also with something deeper: a renewed sense of purpose and direction. The supportive atmosphere helped everyone feel seen, heard and encouraged.

By the end, the appreciation was clear. People spoke about how insightful and stimulating the evening had been and how much it resonated. That's the thing about gatherings like this, they don't just inform you; they leave you changed in small but meaningful ways.

So, thank you once again to our keynote speaker, Ms Fiona Dowd. And thank you to all 34 women who showed up with openness, honesty, and courage. This was a reminder that our living legacy isn't just something we think about, it's something we practice.

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