I have a BA in English and Applied Psychology from UCC, an MA in Drama & Theatre Studies from NUIG and a Gold Medal in Speech & Drama from LAMDA. In my BA, I studied Irish writers, poets and playwrights and received an Honours Degree.

From 2008-2009, I received a certificate in the Chekov Technique after studying it for a year in Los Angeles. Whilst studying for my Masters, I did workshops with Druid Theatre in set design, lighting and directing with Gerry Hynes. I studied post-modern theatre, 20th Century European directors and ensemble acting. I also graduated with Honours. and my end of year thesis focused on the riots which occurred after The Playboy of The Western World first ran in the Abbey Theatre and the cultural significance of said riots. Upon finishing my Masters, I devised a post-modern, one- woman show called Girl Uninterrupted which was based on Artaud's Theatre of Cruelty and Brecht's Theory of Alienation. I established a theatre company in Hong Kong and performed in a devised post-modern ensemble production called Let's Go Play.

In 2017, I played the dual parts of Tybalt and Paris in Romeo & Juliet with the ensemble theatre company, Quintessance. In 2017, I did a weekend course with Mikel Murfi (The Man In Woman's Shoes) and he kindly agreed to mentor me through the re-writing of a play that I had already written. It was based on the life of a Tipperary woman who was murdered in 1895 by her husband.

Brigid Cleary was first performed at The Clonmel Junction to two sold out performances. I performed it in the Galway Fringe, where I also won Best Actress in 2018. Since then I have toured it in Galway, Sligo, Cork, Kerry and Tipperary. It was recently recorded in The Source Arts Centre as a theatrical piece and at the moment I am in the midst of producing it as a film and re-launching it as The Last Witch Brigid Cleary to give it wider appeal.

In 2019, I received the Tyrone Guthrie Award from the Tipperary County Council. Here I began to write my second play The Deliciously Scandalous Life & Times of Miss Peg Plunkett. I returned to complete it later in the year.

In 2017, I received a City & Guilds Certificate in Film & Television Production from Tralee ETB.

Here, I studied a range of disciplines such as editing, lighting, camera, scriptwriting and production. We ran live shows and I acted as a director, camera operative, runner and technician for concerts, award ceremonies and dance competitions, We were also offered Master classes with leaders in their field such as writer, Eoghan Harris, lighting designer, Mo Flam, and cinematographer, Eoghan McPolam. During this course I wrote, produced, directed, set-designed and performed in the short film Shadowland, which also starred Irish actor Darragh O'Malley (Withnail & I). It was shown at the Mod Words Festival in Waterford and at the Tipperary on Film Night at The Source Arts Centre, Thurles in February 2020.

I returned to Kerry in 2018 to produce a television pilot called TX, which I had co-written with various members of my City & Guilds class.

In November 2021, I was in a LAYA corporate video and co-produced and was also in a promotional video for the Kinsale Christmas promotional advertisement.

In Summer 2022, I returned to Clonmel to perform The Last Witch Brigid Cleary.

In Spring 2023 I taught at Summercove Primary school and I also received an Agility Award from the Arts Council of Ireland.

This Summer I presented a work in progress at The Clonmel Junction and The Kinsale Arts Festival.