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Aoifa is the CEO of National EAP, Inc.; a privately held New York headquartered corporate EAP that has been in operation since 1982. She is a licensed therapist and substance abuse professional.

Aoifa is passionate about delivering high level business solutions that markedly improve the workplace of local and national business clients. She is an experienced trainer, public speaker, coach and consultant addressing workplace issues such as diversity, leadership, behavioral and mental health, substance abuse, team work and workplace culture.

She has been featured in several articles in local and national publications where she addressed topics about workplace violence, substance abuse prevalence and the impact of the recession on employees.

Aoifa is an active member in the Long Island business community, co-chairing several fundraising committees and serves as an Advisory Board member for Adelphi University's College of Nursing.