



Mary Budgell

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Mary Budgell is a principal consultant with Gallagher's Communication Practice, specializing in helping organizations achieve their strategic goals through transformative employee communication strategies. With over 20 years of experience spanning public and private sectors, she has honed her expertise in marketing, internal communications and change management. Mary is passionate about empowering employees, cultivating positive workplace cultures and driving measurable business outcomes. Leveraging her formal background in public relations and change management, she collaborates with organizations to foster meaningful connections between leadership and their workforce. As a leader of high-performing teams, Mary brings a dynamic approach to navigating complex organizational challenges and delivering impactful solutions. Her work is rooted in the belief that effective communication is the cornerstone of successful change management, enabling organizations to thrive in today's evolving business landscape.