Dr Kate Russo is an Author, Psychologist and Eclipse Chaser. She is a former Assistant Course Director at Queen’s University Belfast, and is now an Independent Consultant and Researcher. She has been chasing total solar eclipses for over 15 years and is a recognised authority on the eclipse experience, having researched and published two books on the topic. She is an Eclipse Advisor, most recently with Visit Faroe Islands, and eclipse tour leader with The Independent Traveller. An expert on Interpretative Phenomenological Analysis (IPA), her research focuses on the lived experience of illness, health, wellbeing and awe.