

CLAIRE VALLELY

BUSINESS PSYCHOLOGIST
MBS, MSc.

AREAS OF CHANGE

Diversity & Inclusion
Leadership Development
Team & Individual Coaching
Talent Management
Psychological Assessments

SPECIAL INTERESTS

Claire is passionate about working with leaders, teams and organisations in bringing about positive change in their career development trajectory.

CONTACT INFORMATION

Claire@seven.ie

ABOUT CLAIRE

Claire is a Business Psychologist and a qualified executive coach. She is also certified in the use of a range of psychometric and personality assessment instruments including Level A & B, Saville Wave, 15PF, Firo B and MBTI.

Claire has extensive experience across a wide span of industries including the financial, insurance, not for profit, educational, professional services and public sectors. She has worked with individuals, teams and organisations in project managing, designing, developing and facilitating programmes in the areas of talent and performance management, employee engagement, change management and leadership development.

WORK AT SEVEN

Her consulting services include the design and delivery of diversity and inclusion programmes to include unconscious bias training, maternity and returning talent workshops. Claire also specialises in psychological assessment, leadership development and talent management.

Claire's coaching expertise includes one to one leadership coaching, career coaching, team coaching and parental coaching.



LIFE BEFORE SEVEN

One of Claire's earlier roles was teaching in a community college with young adults from a disadvantaged area in Dublin and this was the start of her passion for helping people achieve their potential and work towards positive change. She also set up a green field site of the national organization for Acquired Brain Injury (ABI) in Limerick. Amongst other things, she facilitated workshops for the families of individuals with ABI and helped them to navigate through the major change in their life something, which Claire found extremely rewarding. Some of Claire's recent research includes a study on survival syndrome and the impact that downsizing has on the psychological wellbeing and productivity of survivors. She also conducted research on the relationship between passion and proactive goal behaviour in the entrepreneurial domain.

APPROACH TO POSITIVE CHANGE

Claire's style is focused on inspiring action. She builds non-judgmental, open and honest relationships, adding value through her motivational yet challenging style. Claire believes that self-awareness, acceptance and action are the building blocks to moving forward and achieving sustainable positive change.

MORE ABOUT CLAIRE

She is a member of the Psychological Society of Ireland, the British Psychological Society, the CIPD and the Association for Coaching. Claire actively ensures that her consulting and coaching services are of the highest standard and she is in active coaching supervision.

Claire is an avid reader of psychology based books for leisure. She has an interest in outdoor pursuits such as cycling, hillwalking and horseracing. She is a firm believer in setting goals and recently achieved her personal goal of learning how to overcome her fear of the water and now swims at least once a week.

