

# COLETTE CAHALANE

**LEADERSHIP COACH & FACILITATOR**  
**BA, PSI, CIPD, EMCC Accredited**



## AREAS OF CHANGE

Leadership Development  
Diversity & Inclusion  
Individual & Team Coaching  
Talent Development

## SPECIAL INTERESTS

Leadership with purpose, energy management, transforming stress, the power of mindset, somatic coaching.

## CONTACT INFORMATION

Colette@seven.ie

## ABOUT COLETTE

Colette is an experienced Coach and Facilitator with a background in leadership and personal development. She is known for designing and delivering programmes that focus on leadership and management development, team development and personal development. She is passionate about working with individuals and teams to support sustainable and positive change.

## WORK AT SEVEN

Colette joined the SEVEN team in 2015 as a Leadership Coach & Talent Development Specialist. She has over 13 years' experience enabling highly effective change in multinational, FMCG, public sector and non-profit sectors.

Colette is an accredited Senior Practitioner Executive Coach with the European Mentoring & Coaching Council (EMCC) and is a qualified Somatic Coach from the Strozzi Institute.

## LIFE BEFORE SEVEN

Prior to her current work, Colette spent ten years in the FMCG and technology industry, where she held a variety of HR and Talent Development roles across a number of businesses.

## APPROACH TO POSITIVE CHANGE

Colette is known for developing deep partnerships with clients and works collaboratively to design, develop and facilitate change that focus on clients short and long-term needs.

Colette's coaching experience is built on strong commercial experience coupled with a psychological approach to development. She helps others uncover what is important and enables them to shape and create their futures.

## MORE ABOUT COLETTE

Colette works as a coach tutor on the Diploma for Business and Executive coaching in the Smurfit School of Business and is on the coaching panel for Leadership Programmes run via both University College Dublin and Trinity College Dublin.

Colette is passionate about continual professional development and is in coaching supervision. She has completed a degree in Psychology and has also received a Bachelor's Degree with honors in Philosophy, Classical Studies from UCD.

She is currently undertaking Integral Facilitator training with Ten Directions that combines masterful facilitation with leading insights from the fields of developmental psychology and Zen awareness together in an Integral approach.

With over 20 plus years in Dublin you might not believe that Colette is originally from the republic of Cork!

She has spent time India, Africa and Central America working in NGOs and has lived and worked in Australia and Canada. However, she is yet to find anywhere as beautiful in the world as West Cork!

