

# PATRICIA ABBOTT

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## BUSINESS PSYCHOLOGIST

BSc, MSc, HCPC Reg. Psychol., C. Psychol (BPS),  
AC Accredited Master Executive Coach.

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## AREAS OF CHANGE

Talent Management

Leadership Development

Psychometric Profiling

Team and Individual Coaching

## SPECIAL INTERESTS

Enabling leaders to gain stronger self insight and the right mindset for success. Patricia is passionate about identifying each individual's unique strengths and inspiring them to achieve their full potential.

## CONTACT INFORMATION

info@seven.ie

## ABOUT PATRICIA

Patricia is a Chartered Occupational Psychologist and Accredited Master Executive Coach. She has particular expertise in talent development through executive assessment and the delivery of leadership development and coaching programmes.

## WORK AT SEVEN

Patricia is a very experienced psychologist and executive coach. She has over 20 years experience in HR, Assessment, Training delivery and Coaching. Her focus at SEVEN is on talent development programmes that enable positive change in a range of organisations including public sector organisations and global companies.

In relation to coaching, Patricia works with her clients via one to one leadership coaching for senior executives at C-suite and Board level. She provides career coaching for mid to senior level executives and team coaching for leaders and their teams. Patricia also delivers coaching skills development programmes for managers and has specific insight on related topics such as managing critical relationships and developing confident leaders.

## LIFE BEFORE SEVEN

She started her career as a Business Psychologist for Unilever, a global FMCG, before moving into operational leadership roles.

From there she joined an international HR Consultancy based in London working as a Senior Consultant & Coach with Fortune 500 Companies globally where she developed her coaching skills.

Patricia believes that her time with Unilever provided excellent commercial grounding and an appreciation of the complexities of large organisations and working across cultures. Which she uses in her coaching and leadership interventions.

## APPROACH TO POSITIVE CHANGE

Patricia is committed to understanding each client's goals and commercial context. Patricia works closely with clients to identify strengths and potential and any mitigating factors that may need to be managed to ensure success. She works in an open and transparent way with individuals and teams to build on their strengths and expertise in order to achieve personal and organizational goals. Patricia's coaching approach is solution focused and always supported with a clear action plan.

## MORE ABOUT PATRICIA

Patricia has contributed on a number of articles in the Press and on National Radio on the areas of Leadership Coaching, Talent Development and Employee Engagement.

She is qualified to use a range of personality and values profiling tools (such as Hogan and WAVE) and also utilises 360° feedback processes to measure behaviour change.

Patricia is personally committed to continual professional development and actively ensures that her consulting and coaching services are of the highest standard. She participates in regular coaching supervision and abides by the Association for Coaching's Professional code of ethics.

On a more personal level, Patricia lives by the sea and enjoys running half marathons, travel and spending time with family and friends.

