KERRY CULLEN



LEADERSHIP COACH & FACILITATOR

BSc Psychology; MSc. Work Psychology; C. Work & Org. Psychol. (BPS); C. Coaching Psychol. (BPS)

AREAS OF CHANGE

- Creating a Performance Rhythm
- Systemic Shange
- Leadership Assessment & Talent Development
- Individual & Team Coaching
- Organisational Development & Positive Change

SPECIAL INTERESTS

Kerry has a keen interest in the emerging wisdom from the field of Neuroscience and Energy Management regarding how we can marshal our resources to meet challenges and create a positive performance pulse. Kerry loves to de-mystify the theory behind the performance rhythm and equip leaders with the knowledge to understand why they might not be showing up as they would like to, as well as providing the tools to create new energy, self-regulate and embrace changes in their ways of working.

CONTACT INFORMATION

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ABOUT KERRY

Kerry is a Chartered Organisational and Coaching Psychologist with the British Psychological Society. She has an in-depth understanding of organisations through more than 20 years of coaching and consultancy work, specialising in leadership coaching, team facilitation, talent management and organisational research. Kerry has trained extensively in the application of neuroscience to leadership. She was part of Deb Dana's training faculty and, at Deb's request, co-designed and facilitated the first Polyvagal course in the world for coaches. Kerry has also trained extensively in systemic coaching to widen the lens and understand what shapes organisational culture.

WORK AT SEVEN

Kerry enables leaders to gain awareness of their style and is passionate about supporting people to become more resourceful and create positive change. She is an experienced and talented coach whose work combines group facilitation, talent management and organisational research.

LIFE BEFORE SEVEN

Kerry has worked with a leading organisation delivering forward-thinking energy management projects for a range of multinational clients. Prior to training as a Psychologist, she worked in market research, managing projects in the Caribbean and the UK.

APPROACH TO POSITIVE CHANGE

Kerry is known for her open, solution-focused approach to coaching. She works with her clients to identify and build on their strengths, enabling them to move from awareness to creating sustainable, positive change.
She specialises in supporting her clients to build capacity to meet their demands, and she is an advocate of embodied leadership. Her coaching work is underpinned by a depth of understanding of individual personality types resulting from her extensive training in psychometric and assessment tools.

MORE ABOUT KERRY

Alongside her two charterships, Kerry holds a MSc. in Occupational Psychology from UMIST (Manchester) and a BSc (Hons) from the University of Ulster. She is also qualified in Polyvagal theory, Stephen Terrell's groundbreaking nervous system regulation work and several psychometric tools including the 16 PF, WAVE and Profiler 360 feedback instrument.

Kerry is forward-looking and insightful. She loves to learn and expand her knowledge. Alongside training to be a yoga teacher, she has undertaken extensive training in neuroscience, somatic intelligence and energy management in Europe and America.

She is one of the founding members of the Irish 'Time to Think' Coaching Collegiate and as part of a commitment to her own development, she participates in on-going coaching supervision.

Kerry sees her work as mastering the art of encouragement. She is at her happiest when she sees people stretch into new possibilities. She has personally overcome her fear of putting her face in the water to developing a love of sea swimming and now takes great joy from completing an annual five-kilometre sea swim. She is also a novice sea rower.