

KERRY CULLEN

LEADERSHIP COACH & FACILITATOR
BSC., MSc. CPsychol BPS.



AREAS OF CHANGE

- Diversity & Inclusion
- Leadership Assessment & Talent Development
- Individual & Team Coaching
- Organisational Development & Positive Change

SPECIAL INTERESTS

How leaders can become more resourceful and find more ease, joy and fulfilment as they navigate working environments characterised by complexity and increasing demands.

CONTACT INFORMATION

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ABOUT KERRY

Kerry is Chartered Psychologist with the British Psychological Society and a qualified coach. Kerry has an in-depth understanding of organisations through her coaching and consultancy work over the last 18 years specialising in Leadership Coaching, Team Facilitation, Talent Management and Organisational Research.

WORK AT SEVEN

Kerry is passionate about supporting people to become more resourceful and create positive change. Kerry is an experienced and talented coach. Kerry's 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 range of multinationals 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 KAREN

Alongside her chartership Kerry holds a M.Sc. in Occupational Psychology from UMIST (Manchester) and a BSc (Hons) from the University of Ulster. She is also qualified in 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, as well as training to be a yoga teacher she has trained extensively in the area of somatic coaching and energy management in Europe and America. She is currently studying the neuroscience of resilience.

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 is 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 into water to developing a love of sea swimming and now gets great joy from completing an annual 5-kilometre sea swim.



SEVEN

PSYCHOLOGY AT WORK

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Positive change for people at work.
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