

PATRICIA ABBOTT

BUSINESS PSYCHOLOGIST

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



AREAS OF CHANGE

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

SPECIAL INTERESTS

Patricia is passionate about identifying each leader's unique strengths and building the mindset and resilience for success.

CONTACT INFORMATION

info@seven.ie

ABOUT PATRICIA

Patricia is an experienced Chartered Occupational Psychologist and Accredited Master Executive Coach. She brings a strong commercial insight to her work with over 20 years' combined industry and consulting experience.

WORK AT SEVEN

Patricia's focus at SEVEN is on talent and team development - developing both current leaders and leaders of the future.

In relation to coaching, Patricia works with global 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 developing high performing teams.

LIFE BEFORE SEVEN

She started her career as a Business Psychologist for the FMCG Company Unilever, leading global teams and programmes of work focused on developing new consumer insights and product innovation.

From there she joined an international Consultancy based in London working as a Senior HR Consultant & Psychologist with Fortune 500 Companies globally which piqued her interest in leadership development and coaching.

Patricia believes that her time with Unilever provided excellent commercial grounding and an appreciation of the complexities of working within a large organisation and across cultures. She draws on this knowledge in her coaching and leadership interventions.

APPROACH TO POSITIVE CHANGE

Patricia is committed to understanding each client's goals and commercial context. She 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 organisational 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 and licensed to use a range of personality and values profiling tools (such as Hogan, WAVE, MBTI, Insights, Lencioni's 5 Behaviours of a Cohesive Team) and also utilises 360° feedback 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, kayaking, yoga, travel and creating memories with family and friends.



SEVEN

PSYCHOLOGY AT WORK

Dedicated to positive change.
Positive change for people at work.
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