

# COLETTE CAHALANE

---

## LEADERSHIP COACH & FACILITATOR

BA, PSI, CIPD, EMCC Accredited

---



### AREAS OF CHANGE

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

### SPECIAL INTERESTS

Fascinated with life's big questions, Colette is passionate about looking at the systems people work in. Her professional interests include Leadership with purpose, Individual & Team Coaching, Psychological Wellbeing & Skills Development.

### 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 & Facilitator. She has over 15 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 in California.

### 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 with University 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 an accredited Action Learning Coach, a qualified Integral Facilitator, a Yoga and Meditation Teacher and has trained in Transactional Analysis and Systemic Coaching.

Colette lives in Dublin, however she grew up in Cork until the age of 13 and loves to spend her summers in West Cork.

