

DR. MICHELLE MURTAGH

SENIOR BUSINESS PSYCHOLOGIST

BSc, MSc, C. Psychol., AFBPsS.
Accredited Executive Coach (ICF),



AREAS OF CHANGE

- Individual & Team Coaching
- Leadership Assessment & Talent Development
- Organisational Development & Positive Change
- Psychological Flexibility & Personal Resilience

SPECIAL INTERESTS

Intrigued by the concept of “self-confidence”, Michelle has recently completed her Doctorate in Occupational and Business Psychology. Fully aware of the complexity of the challenges which arise as a consequence of lacking in self-confidence, Michelle’s thesis focused on examining the effectiveness of Executive Coaching in accelerating the development of employee self-confidence.

CONTACT INFORMATION

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ABOUT MICHELLE

As a highly experienced Chartered Occupational Psychologist and Accredited Executive Coach, Michelle has over 25 years’ of experience working with Executives, Boards and leadership teams, at a strategic, systemic, cultural, team and individual level.

WORK AT SEVEN

Specialising in the development of engaged leaders and high-performance teams, Michelle is fastidious in bringing empirical and psychological rigour to her work.

By fully utilising her accredited knowledge-base of therapeutic and psychological interventions (including, for example: ACT; CBT; NLP; Hypnosis; Mindfulness; Time Line Therapy; Transactional Analysis; Bioenergetics; Systemic Group Work; and Psychological Profiling), Michelle enables SEVEN’s clients to drive tangible commercial results through the unlocking of human capability, capacity, behaviour and mindset.

LIFE BEFORE SEVEN

Michelle began her career in London as a management consultant for one of the Big Four consultancies. During these 15 years, Michelle specialised in delivering Leadership Development, Systems Integration, Business Process Reengineering and Change Management programmes for national and international clients.

Michelle subsequently moved to Portugal, where she set up her own Consultancy, providing strategic support, leadership development, executive assessment and coaching services to businesses within Europe. Since her return to Ireland, Michelle has focused on delivering Executive Coaching, as well as developing and implementing bespoke transformational change interventions.

A tutor on executive education and coaching programmes at the Queen’s University, Belfast, Michelle acts as an external assessor for the Occupational Psychology Department at Birkbeck University of London. Michelle is also an Editorial Board Member at the Academic Journal Cogent Psychology.

APPROACH TO POSITIVE CHANGE

Michelle is passionate about developing robust psychological interventions focused on developing vitalised, engaged and confident individuals, who fully utilise their innate intellectual, physical and intuitive strengths.

MORE ABOUT MICHELLE

As a volunteer mentor, Michelle supports individuals to unleash their personal and business potential, in order to grow, flourish and succeed. As a Board Member of ‘The Metropolitan Arts Centre, Belfast’, Michelle is fully committed to using the medium of the arts, to stimulate the integration of post-conflict communities.

