

COLETTE CAHALANE

LEADERSHIP COACH & FACILITATOR

BA, PSI, CIPD, EMCC Accredited, Somatic Coach



AREAS OF CHANGE

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

SPECIAL INTERESTS

Colette's experience is built on strong commercial experience coupled with a psychological approach to development. She is passionate about supporting clients to hold their balance in rapidly changing and challenging environments in order to lead with integrity, dignity and impact. Her professional interests include Leadership with Purpose & Presence, Individual & Team Coaching, Psychological Wellbeing.

CONTACT INFORMATION

colette@seven.ie

ABOUT COLETTE

An experienced EMCC registered Executive Coach & Facilitator, Colette has worked one-to-one with Senior Leaders and Executive Teams across a variety of sectors over the past 18 years.

She is known for designing and delivering programmes that focus on leadership development and team development that lead to sustainable and positive change.

WORK AT SEVEN

Colette joined the SEVEN team in 2015 as a Leadership Coach & Facilitator. In her time with SEVEN she has worked on partnering with some of our key clients on leadership development programmes and change programmes across public and private sectors.

She is certified in the use of a range of psychometric and personality assessment instruments including LVI - Leadership Versatility Index, Hogan Leadership Assessment, EQI-i 2.0, Qualitative 360 profiling, StrengthscopeTM and MBTI.

LIFE BEFORE SEVEN

Prior to her current work, Colette spent ten years in the Technology & FMCG 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 supporting people to reconnect with what is truly important, to develop a greater sense of meaning and purpose, to have confidence in their decision-making, and to increase their ability to attain both personal and organisational goals.

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



SEVEN
PSYCHOLOGY AT WORK

Dedicated to positive change.
Positive change for people at work.
www.seven.ie