CATHRIONA EDWARDS



PSYCHOTHERAPIST, COMMUNICATIONS & LEADERSHIP CONSULTANT

BA (Hons) Psych; MA (CBT), HG Dip P, MHGI

AREAS OF CHANGE

- Resilience & Mental Health
- Leadership & Talent Development
- Inner Leadership, Empowerment & Flourishing
- Effective Communication and the Art of Listening
- Post-traumatic Growth

SPECIAL INTERESTS

Cathriona has a particular interest in the impact of trauma, post-traumatic growth and healing. She also has a keen interest in women's psychology and life-stage optimisation, in addition to relational intelligence and effective communication. Her areas of specialism include mental health and wellness initiatives, personal presence and impact, and authentic leadership.

ABOUT CATHRIONA

Cathriona is an experienced facilitator, psychotherapist and trainer with twenty-five years' experience across the private and public sector, both in-house and as a consultant. She has specialised in strategic and effective communication education within global workforces, post-trauma psychotherapy with individual clients and leadership facilitation that supports teams to lead with authenticity and empathy.

WORK AT SEVEN

Cathriona works with individuals and groups to optimise growth, intra and inter-team communication, effective leadership and mentorship, and facilitate the removal of accumulated interferences to emancipate authentic being, leadership and communication.

Cathriona was Head of Communications in a large state broadcasting firm which gave her lived experience of management in a complex culture, at the heart of Irish public life. Her interest in strategic communications and branding evolved into a passion for interpersonal communication and team dynamics and a return to her first love, psychology. She left her semi state permanent job and retrained as a psychotherapist whilst also building a reputation as an energetic, engaging and effective facilitator and trainer.

APPROACH TO POSITIVE CHANGE

Cathriona is an incubator of becoming. She is passionate about facilitating others' insights into themselves, helping them grow in self-awareness, self-acceptance, and self-actualisation. Galvanising growth through interventions and techniques that help return people to themselves, enabling authentic and empathetic leadership of self and others. A seeker who is fascinated by the edge states – birth, death, crises, trauma - that can catalyse us to be most essentially and effectively ourselves.

MORE ABOUT CATHRIONA

One of four children in a medical family, Cathriona always felt destined to caring for others professionally. When early illness intervened in an intended medical career, her interest turned to inner strength, resilience and post-traumatic growth. A lifelong fascination in psychology was born. She's still learning and caring. And singing – that's a lifelong passion too!