COLETTE CAHALANE



EXECUTIVE & SYSTEMIC TEAM COACH

BA, PSI, CIPD, EMCC Accredited, Somatic Coach

AREAS OF CHANGE

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

SPECIAL INTERESTS

Colette's experience combines strong commercial expertise with a psychologically informed approach to development. She is passionate about supporting clients to stay balanced in rapidly changing and challenging environments, enabling them to lead with integrity, dignity and impact. Her professional interests include leadership with purpose and presence, enterprise leadership, individual and team coaching, and psychological wellbeing.

CONTACT INFORMATION

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ABOUT COLETTE

With more than 20 years' experience, Colette is an EMCC-registered Executive Coach and Facilitator who works one-to-one with senior leaders and executive teams across a range of sectors.

She is known for designing and delivering leadership journeys that build individual and collective capacity, strengthen team effectiveness and translate insight into sustainable positive change and business impact.

WORK AT SEVEN

Colette joined SEVEN in 2015 as a Leadership Coach and Facilitator. Since then, she has partnered with key clients on leadership development and change programmes across the public and private sectors.

She is certified in a range of psychometric and personality assessment instruments, including the Leadership Versatility Index (LVI), Hogan Leadership Assessment, EQ-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 creates thoughtful, challenging spaces where leaders can step back from demands, see themselves and their wider system more clearly, and make purposeful choices. Her approach supports greater confidence, agency and alignment, helping individuals and teams turn insight into action and stronger organisational contribution.

MORE ABOUT COLETTE

Colette is Associate Faculty on the Diploma in Business and Executive Coaching at UCD Smurfit Executive Development and also on the IMI Executive Development Faculty.

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.