DR. MICHELLE MURTAGH



SENIOR BUSINESS PSYCHOLOGIST

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

AREAS OF CHANGE

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

SPECIAL INTERESTS

Michelle holds a Doctorate in Occupational and Business Psychology, with research focused on how executive coaching strengthens self-confidence and accelerates performance. Her work combines psychological depth with a pragmatic understanding of leadership and organisational life. A central theme of her practice is helping senior leaders build confidence, clarity and new habits, enabling them to navigate complexity, step into greater responsibility and realise their potential.

CONTACT MICHELLE

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ABOUT MICHELLE

Dr Michelle Murtagh is a Chartered Occupational Psychologist and accredited Executive Coach with over 25 years' experience working with executives, boards and leadership teams. She combines psychological expertise with first-hand experience of organisational leadership, including her recent role as Group People Officer. She brings a practical understanding of the pressures leaders face and how decisions about people and culture affect organisational performance.

WORK AT SEVEN

At SEVEN, Michelle works in partnership with clients to strengthen leadership and enable positive change across individuals, teams and organisations. Her work includes executive and systemic team coaching, leadership assessment and development, and the facilitation of complex or sensitive conversations.

A qualified mediator, she helps people explore different perspectives, address tensions constructively and build more effective working relationships.

She pays close attention to how roles, relationships and organisational culture influence behaviour, helping clients translate insight into practical changes in how they lead and work together.

LIFE BEFORE SEVEN

Michelle began her career in London, spending 15 years with a Big Four consultancy delivering leadership development, systems integration, business process reengineering and change management programmes for national and international clients.

She subsequently established her own consultancy in Portugal, providing strategic advice, leadership development, executive assessment and coaching across Europe. Since returning to Ireland, her focus has been executive coaching and bespoke organisational change interventions.

APPROACH TO POSITIVE CHANGE

Michelle's approach combines careful listening with thoughtful challenge. She helps clients recognise their strengths, understand patterns that limit their effectiveness and develop greater choice in how they respond.

Her doctoral research examined how executive coaching can support the development of employee self-confidence. Alongside her work in psychological flexibility and resilience, this informs her interest in helping people use their capabilities more fully and act with confidence and purpose through challenge and change.

MORE ABOUT MICHELLE

A volunteer mentor and board member of the Metropolitan Arts Centre in Belfast, Michelle supports personal and business development and the role of the arts in connecting communities after conflict.