PATRICIA ABBOTT

SENIOR BUSINESS PSYCHOLOGIST

BSc, MSc, HCPC Reg. Psychol., C. Psychol (BPS), Assoc CIPD, AC Accredited Master Executive Coach



AREAS OF CHANGE

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

SPECIAL INTERESTS

Patricia is passionate about identifying each leader's unique strengths and building the mindset and resilience for success.

CONTACT INFORMATION

patricia@seven.ie

ABOUT PATRICIA

Patricia is an experienced dual Chartered Occupational Psychologist and Coaching Psychologist and Accredited Master Executive Coach. She brings strong commercial insight to her work with over 20 years' combined industry and consulting experience.

WORK AT SEVEN

At SEVEN, Patricia focuses on talent and team development, supporting both current leaders and future leaders. She partners with global clients through one-to-one leadership coaching for senior executives at C-suite and Board level, career coaching for mid to senior-level executives, and high-performance team coaching to enable teams to build stronger relationships, navigate challenges and perform at their best.

LIFE BEFORE SEVEN

Patricia began her career as a Research Psychologist with the FMCG company Unilever, where she led global teams and programmes focused on developing new consumer insights and product innovation.

She then joined an international consultancy based in London, working as a Senior HR Consultant and Psychologist with Fortune 500 companies globally. This experience sparked her interest in leadership development and coaching.

Patricia believes her time with Unilever provided excellent commercial grounding and a strong appreciation of the complexities of working within a large organisation and across cultures. She draws on this knowledge in her coaching and leadership interventions.

APPROACH TO POSITIVE CHANGE

Patricia is committed to understanding each client's goals and commercial context. She works closely with clients to identify strengths and potential and any mitigating factors that may need to be managed to ensure success. She works in an open and transparent way with individuals and teams to build on their strengths and expertise in order to achieve personal and organisational goals. Patricia's coaching approach is solution focused and always supported with a clear action plan.

MORE ABOUT PATRICIA

Patricia has contributed on a number of articles in the Press and on National Radio on the areas of Leadership Coaching, Talent Development and Employee Engagement. She is qualified and licensed to use a range of personality and values profiling tools (such as Hogan, WAVE, MBTI, Insights, Lencioni's 5 Behaviours of a Cohesive Team) and also utilises 360° feedback to measure behaviour change.

Patricia is personally committed to continual professional development and actively ensures that her consulting and coaching services are of the highest standard. She participates in regular coaching supervision and abides by the Association for Coaching's Professional code of ethics. On a more personal level, Patricia lives by the sea and enjoys running, kayaking, yoga, travel and creating memories with family and friends.