

Coaching.

Connect.



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Cross, Co. Mayo, Ireland.



coachexe



CHExecutiveCoaching



CoachExe

www.cross-house.ie

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★★★★★

It was a lovely opportunity for me to have this coaching experience with you. I feel more empowered and insightful about myself, my role and how I need my future to be. Thank you for helping me appreciate me. - M.C.

Enjoyed the style of coaching used. Never felt I was a burden to the coach. Felt supported and listened to. Felt understood. - H.T.

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CH



Executive Coaching
and Leader Development Ireland

- Leadership and Executive Coaching
- Leadership Development Training
- Psychometrics and 360 Degree Reports
- Team Building and Performance

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My approach to coaching focuses on enabling individuals to gain increased and enhanced self-awareness for their personal and leadership growth, development and goal achievement.

Pádraig Ó Lúanaigh

Dr. Pádraig Ó Lúanaigh, EdD
EMCC Accredited Practitioner Coach



At Cross House we get regular 'visitors' hopping across the fields and lawn. The hare was the obvious and perfect logo to represent my business based in the heart of the West of Ireland.

As the owner of CH Executive Coaching and Leadership Development, I promise you that this business is grounded in my enthusiasm and energy to provide a **valuable service** to those doing the difficult work of leading and looking to improve.

Finding the **right coach** is essential. Do please get in touch and find out if I could be the ideal coach and facilitator for you or your business.

Easy online booking

Find the day and time that suits you

Book your **FREE 30 minute initial appointment now**

video-conference, telephone or in person

www.cross-house.ie/booking

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Coaching raises **self-awareness** and identifies **choices**.

Through coaching, people are able to find their **own solutions**, develop their own skills, and **change** their own **attitudes and behaviours**.

The whole aim of coaching is to close the gap between **people's potential** and their current state.

Jenny Rodgers

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