

Coaching.

Connect.

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-  coachexe
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★★★★

Highly recommend Pádraig Ó Lúanaigh as a coach, highly experienced in challenging situations, Pádraig is calm, practical and able to direct you into new ways of thinking about your situation ...

everybody needs a coach!

It's a key aspect to supporting yourself, balancing your lifestyle and achieving your goals - L.M.

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From the West of Ireland

CH 
Executive Coaching

Working with you

www.cross-house.ie



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There are lots of good reasons to live and work in Mayo especially the regular 'visitors' we get hopping across the fields and our lawn - wild Irish hares.

The hare was the obvious and perfect logo to represent my business based in the heart of the West of Ireland.

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Pádraig Ó Lúanaigh

Working with you



As the owner of CH Executive Coaching, 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 key, get in touch and see if I'm the coach for you.

Pádraig Ó Lúanaigh
Executive Coach

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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