

- Business and Executive Coaching
- Leadership Development
- Everything DiSC® Profiling
- Team Performance

*Working with you*  
from the West of Ireland



the home of CH Executive Coaching

*Working with you*  
from the West of Ireland

*Coaching is personal - so why not choose a unique business like mine that will, treat you as an individual and work with you.*

# Working with you

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.

---

*My coaching and leadership development 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.*

*I believe that good leaders are neither born nor made, but are individuals working to be the best versions of themselves. This doesn't mean we can't all be better communicators, have increased self-awareness and adopt behaviours that can make us more productive and successful in our leadership roles.*

*Pádraig Ó Lúanaigh*

Dr. Pádraig Ó Lúanaigh

EdD, MSc(Psych), Dip (Leadership)



*Down by the Lough I shall wander once more'  
Where the wavelets lap lap round the stones on the shore:  
And the mountainy goats will be wagging their chins  
As they pull at the bracken among the Twelve Pins.*

To the West by William Percy French

## The CH Executive Coaching Difference

There are many reasons people choose to engage in coaching and there are many coaches and coaching companies to select from.

At CH Executive Coaching the key point of difference is the individual and personalised attention I am able to give each and every person I work with.

I limit the number of clients I work with at any one time to ensure I can give 100% attention and commitment to each person. I concentrate on creating a safe and relaxed environment for every meeting.

While the use of video conferencing meetings means I can't provide you with the signature *Cross House* tea or coffee - the use of dedicated broadcast equipment ensures that every on-line meeting is able to focus on what is communicated. I am also able to provide in person coaching and training at a venue identified by my clients.

Through the efficient use of technology, working with me at CH Executive Coaching means you get the benefit of individualised, personal attention and service but don't lose the convenience of on-line booking, payments and web resources.

# Working with you

## The CH Executive Coaching Services

Every person I work with is unique and different even though frequently they are dealing with similar challenges my approach is always personalised.

### **Executive Coaching**

The coaching I provide normally consists of one hour meetings and are provided as part of a six month package. This time frame is a realistic one in which you can identify what you want to achieve, plan and review your progress.

### **Focused meetings**

Sometimes people are looking for an immediate and focused space with a trusted person to discuss a plan / issue or strategy they want to implement. These focused meetings are usually 90 minutes to two hours long and can be only one meeting or a number over a short period of time.

### **Leadership Development**

For leaders new in post, I can provide a package of leadership development which focuses on growing the individuals self-awareness, established leadership skills combined with coaching. These again last from six to 12 months and are planned and structured to meet the specific needs of the each client.

### **Team Development and Team Coaching**

I can work with teams to support trust and improved performance within the group. Depending on what is required this service is provided over a half day or full day to longer term planned activity.

### **Behaviour Profiles and 360 assessments**

As an accredited Everything DiSC® practitioner, I offer and provide a range of Everything DiSC® assessment profiles which I use with clients to support their increased self-awareness and feedback.



## The CH Executive Coaching Value-Add

With over 30 years' experience in the workplace and 20+ of those in Director and Executive roles, I bring a real-world appreciation and understanding of working in complex organisations and teams.

This working knowledge is complemented by my ongoing learning and development in contemporary leadership and coaching.



I am a member of the European Mentoring and Coaching Council which is a Global Membership Organisation ensuring the best standards in professional coaching and mentoring.

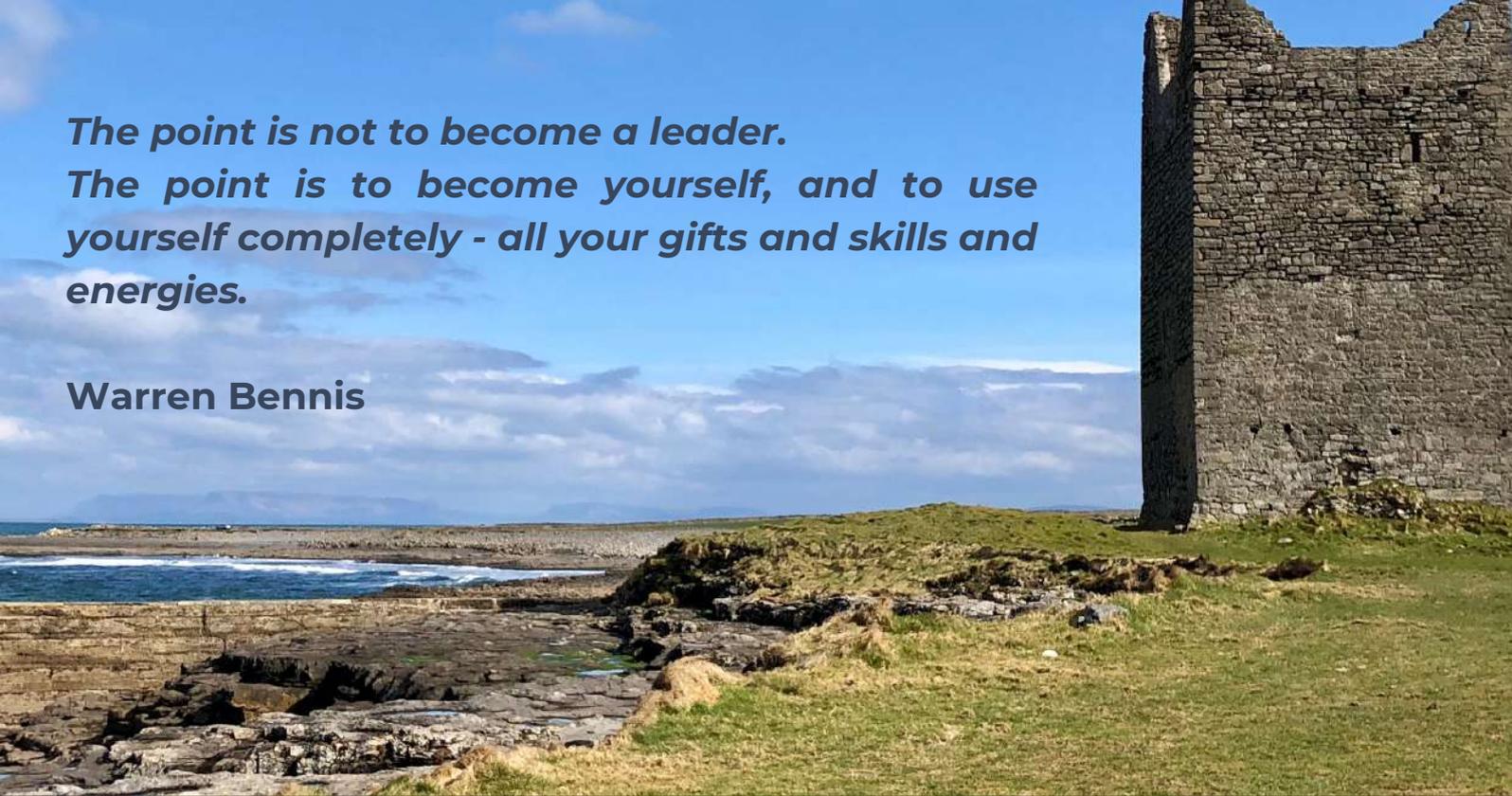
My work with all clients is informed and delivered in line with the Coaching Global Code of Ethics.

I also seek formal feedback from every client at the end of a programme of coaching and these evaluations inform my development and re-accreditation.



***The point is not to become a leader.  
The point is to become yourself, and to use  
yourself completely - all your gifts and skills and  
energies.***

**Warren Bennis**



I know the difference good coaching can make to individuals doing the difficult work of leading and managing while also wanting to be the best version of themselves.

I have chosen to be an Executive Coach because I want to make a difference to the lives of busy senior managers, business owners, directors and CEOs.

I am accredited to provide the range of behaviour and preferred style assessment profiles provided in the Everything DiSC® and The Five Behaviours® suite of products. A comprehensive range of assessments are available including 360 reviews and profiles for managers, sales people and teams for example. Profiles can be purchased and completed easily online.

With over 40 years providing behaviour testing and over a million people taking one of the tests each year, Everything DiSC® provides a useful resource to understand individual and team behaviours and work style preferences.

My commitment to all my current and future clients is that I will give them my full attention and active listening to provide a safe, confidential space and time to allow them to achieve their full potential as leaders.

— “ —

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

— ” —



## CONNECT

hello@cross-house.ie

Telephone : +353 830 453 223

Cross House, CROSS, Co. Mayo, F12 T6W8, Ireland

 @CoachExe

 @CHExecutiveCoaching

 @coachexe

 @chcoaching

[www.cross-house.ie](http://www.cross-house.ie)

CH   
Executive Coaching