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## Claire Vallely

### Executive Coach

Claire has extensive experience in a variety of industries including the financial, insurance, educational and charity sectors. She has worked with individuals, teams and organisations in the areas of talent and performance management, employee engagement, change management and leadership development. Her experience also includes lecturing in Human Resources and Behavioural Science.

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#### Region

Europe

#### Area of expertise

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## Coaching Style

Claire is passionate about working with individuals and teams in order to facilitate insight, learning and development. Claire tailors her coaching to meet the individual needs of each client. She builds non-judgemental, open and honest relationships, adding value through her motivational yet challenging style. Claire believes in a clear action-orientated process and feels this combined with self-awareness is the key to achieving success.

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## Special Interests

Claire's strengths lie in her ability to build rapport and trust. She works to create open and transparent dialogue, she listens and challenges thinking thus enabling clients to gain new insights and to realise their potential.

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## **Training & Qualifications**

Claire is a Psychologist with the Psychological Society of Ireland. Her qualifications include an MBS in Human Resource Strategies, an MSc in Occupational Psychology and a Post graduate Higher Diploma in Psychology. Claire is qualified to use a range of psychometric and personality assessment instruments.

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## **Current Clients**

Claire's recent clients include Mercer and Core Media.

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