



**Kathleen Fanning,
M.Ed., PCC, CPQC
Leadership Coach**

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Some of My Topics:

As a speaker, coach, trainer, and author Kathleen supports women who want More. They want more Balance. They want more Confidence. Through the programmes that Invest In Yourself offer, these women are finding that an unexpected outcome of Balance and Confidence can result in a better position at work, easier relationships, and even more time to do what they love!

When attending a workshop with Kathleen, expect her warmth and good humour to both challenge and support you. Through her engaging style, she'll draw you in, and you too will feel 'Creative, Resourceful, and Whole' again, even if you've been struggling with something for some time now.

In her free time, she loves exploring beautiful Tipperary where she lives. Wave to her if you see her walk by!

Keeping Your 'Well of Resilience' Filled:

- What does Resilience really mean?
- What is the cost of letting the well run dry?
- Tools for re-filling your own personal well of resilience

Turning Challenges into Gifts & Opportunities

- Reframing – there are Gifts in everything!
- What's "Mental Fitness" and what can it do for you?
- The unseen saboteurs: how you damage yourself without knowing it
- Fighting back: how to develop your "Sage" mind

4 Keys to Move Forward Fearlessly

- Boost your self care
- The hidden impact of Negative Thinking
- Boundaries create freedom
- Choosing what's important!

"Kathleen brings a wealth of experience and delivers her sessions in an engaging, supportive and insightful style." BK

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“In my 20 years of coaching and training, I’ve found that when our self-care increases, boundaries are created, and a positive mindset is enhanced – anything is possible! “
Kathleen Fanning

CLIENT RESULTS: IN THEIR OWN WORDS...

Barbara Gilleran, Coupa Software

*"Kathleen was my coach during an unusually challenging time. She created **a safe and supportive environment**, especially as I needed someone who could actively listen, be non-judgemental and understand my perspective. Kathleen is a brave coach, **she's not afraid to ask direct questions that deepen thinking and discovery** and also challenge your current thought process. She is careful to create a strong partnership and **demonstrated respect, integrity and confidentiality throughout our coaching relationship**. Thank you for allowing me the space to reflect, explore and devise a realistic and actionable plan to move me forward with increased confidence."*

K. Huber, Switzerland

***Kathleen is very gentle and competent in her approach.** I felt heard and seen during our sessions. It is obvious that **Kathleen is drawing from a wealth of experience and a wide range of tools.** I recommend her to anyone who is looking for help with achieving both personal and career goals.*

P. Kennedy, Ireland

***"Kathleen cares about people and it shows.** Whether you see an opportunity that you want to explore or a challenge you want to overcome you will find it difficult to find a better coach than Kathleen."*

Denis M Murphy, University of Limerick

*"Kathleen is quite simply one of the nicest, kindest and most genuine people I have ever known. I came to know her while she was mentoring a programme I was on. **It was a time of great change in my life** and I was especially appreciative of the support Kathleen offered. When the opportunity came up to be coached by her, I jumped at the chance. Kathleen has a simple and easy-going way of working. **Her way is subtle, powerful and effective.** Her natural style allowed me to fully engage in the coaching sessions, she created a safe space where I was able to expand inwardly into myself, understand old and redundant behaviour patterns and find the potential I had always thought was within me. **Working with Kathleen has helped me to connect to my own innate sense of confidence, calmness and competence** and I will be forever grateful for the opportunity to work with such a skilled Coach. I have no hesitation in giving Kathleen the highest of recommendations."*

Don Crowley, Munster Technological University

*"Kathleen, thank you, sincerely, for the journey you have brought me on over the last while. **There is a tangible change in my behaviours, attitudes and habits and life is the better for it** - both professionally and personally. I have really enjoyed and benefited from our sessions. Thank you."*