

# EMMA O'BRIEN

**Strengths Coach & Professional Development Hypnotherapist**



Offering a range of specialist coaching and facilitated solutions that help leaders, professionals and teams:

- Flourish and collaborate more effectively doing more of what they do best
- Understand their strengths and weaknesses and how to manage both more effectively.
- Rapidly overcome self doubt and anxieties, including impostor feelings and fear of public speaking, so that they can perform confidently.

## APPROACH

I am certified by Gallup to use CliftonStrengths and strengths based development. Research shows taking a strengths approach positively impacts employee wellbeing, engagement and productivity as well as team/organisational profitability. I am also trained in a variety of transformational therapeutic approaches. I draw on 18 years experience in HR & Organisational Development, including roles as a Change Specialist on multi million pound transformational change programmes and Employee Engagement Manager within an organisation that achieved 99th percentile employee engagement levels in Gallup's Global Database and won multiple Exceptional Workplace Awards. I have 5 years experience as a clinical hypnotherapist helping individuals create rapid transformational change.

## EXECUTIVE COACHING

**Bespoke 121 coaching packages** to support leaders and professionals in a variety of contexts including navigating change, new roles and returning to work.

## KEY NOTE SESSIONS

I facilitate interactive and thought provoking sessions to support individuals in recognising the signs and symptoms of impostor syndrome and learn strategies to overcome it. I help leaders to consider the role culture plays and how they can create an environment where imposter feelings can't thrive for both themselves and their people.

*"Great Keynote today - clear, concise and energising. I've been in two meetings since where leaders called out what you said and how interesting it was and how impactful! Thank you!"* Darren Jackson, Head of People Partnering & Organisation Effectiveness, Correla

## CLIFTON STRENGTHS

**One-To-One & Team Strengths Coaching**  
Develop a practical understanding of your unique blend of strengths and how to utilise these to enhance the way you approach work goals, respond to challenges and collaborate with others.

**Strengths Coaching Projects**  
I work flexibly and collaboratively with organisations to help them take a strengths approach to meeting current challenges and priorities. Examples include: improving connection and collaboration within and between teams, more efficient / productive ways of working and helping leaders build their leadership around their strengths to drive organisational priorities forward in a way that enhances everyone's contribution.

**Contact for a free consultation & proposal**



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