



Dr Arlene Egan

Dublin, Ireland

OVERVIEW

Arlene is one of our Senior Managers with responsibility for overseeing the design and delivery of new products and solutions. With over twenty years' experience as a coach and facilitator in both the public and private sector Arlene also coaches with leaders and managers at all levels including C-suite. She has also worked with entrepreneurs, high performance athletes and those transiting out of the workplace. Coaching is highly valued by Arlene and she has a particular passion for working with women in business. Arlene is a certified practitioner in Strengthscope and Dimensions which she can use to provide additional insights for the coachee.

COACHING STYLE

Arlene is passionate about learning, development, leadership, and transformation. Her coaching approach is underpinned by her unique perspective on the link between thinking and performance which she has refined based on her work in psychology. Arlene believes in the importance of supporting people on their coaching journey and understands the implications of internal blocks to progress and how to help people to think and action around them. She also understands that while the process of change experienced on a coaching journey can be liberating, it can also be challenging and Arlene can flex her style and pace to provide the best type of coaching support required. Arlene is skilled at using different types of questions to promote thinking in others and help realise options.

QUALIFICATIONS

- BA Psychology, University College Dublin
- MLitt Psychology (Sports) University College Dublin
- PhD Psychology (Cognitive) University College Dublin
- Diploma in Project Management, Independent Colleges, Ireland
- New Frontiers Programme for Entrepreneurs, Ireland
- Diploma in Coaching, Life and Executive Coaching Institute

FAVOURITE BOOK

Start with the Why: How Great Leaders Inspire Everyone to Take Action by Simon Sinek.