



Karen Conaghan

Empowering leaders

in creating thriving organisations



FOR TEAMS

Why seek leadership coaching for teams?

Leadership teams are complex systems. They require a substantial investment of time and understanding to function effectively.

What's more, the corporate environment has never been more complex. Leadership teams are expected to achieve high standards and deliver outstanding results – without exception.

That's a challenge I understand. A challenge I'm ready to help you respond to.

As your leadership consultant, I will help you understand the strengths and culture of your leadership team. Together, we'll harness the collective talent and leverage your teams capability creating a more engaged and motivated team and workplace culture.

We will work to increase your people's engagement and accountability. And we'll build and strengthen collective leadership effectiveness. The end result is a noticeably positive impact on your workplace.

How I work with you and your team

I will partner with you and your leadership team to enhance their collective effectiveness, supported by psychometrics that will identify strengths in capability and diversity as well as potential derailers.

To achieve transformative and enduring results requires focus and commitment by yourself and your team. Programs can be designed to be flexible and aligned with the collective and individual emergent needs and culture.

Intentional outcomes are to support, enable and ensure both leaders and their teams become self-directed... through cross functional collaboration, productive trust based relationships underpinned with a culture of achievement and results.

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Karen Conaghan is an exceptional leadership coach. Her frameworks and approach are transparent and consistent.

I particularly appreciate how she respectfully challenges her clients to focus on behavioural change in addition to self-reflection and insight. She is adept at working with all levels of management from new team leaders to senior executives & can work across sectors including corporate, government and not for profit.

CEO, NGO

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About Karen Conaghan



I have a passion for partnering with senior leaders in developing clarity about their strengths and developing their Leadership Point of View. More importantly, assisting them in shaping their leadership philosophy and how they will communicate, influence and engage & build productive trust based relationships.

Having held senior leadership positions in health and education with an outstanding track record in leading and developing project and multi-disciplinary teams, I understand the challenges of cross functional collaboration.

My background in psychology gives me a powerful understanding of personal motivation & team dynamics, incorporating Neuroscience, Positive Psychology, Emotional and Conversational Intelligence© frameworks and strategies.

My approach with senior leaders is collaborative, supportive; yet challenging. I have a proven ability to easily connect, establish trust and be insightful and accurate. I provide interactive facilitation for individuals and teams wanting to significantly increase their levels of positive impact and engagement in the workplace.

This process incorporates several phases over a six to twelve month period

