



Ann McKeon

Board Level Executive Coach

Based in: Republic of Ireland

Languages: English

Qualifications: BSc MEd

Ann's expertise is based on over twenty years' working in the semi-state, private, community and voluntary sectors in a range of roles including Project Co-ordinator, Manager and Director. She spent many years developing, implementing and evaluating a variety of innovative training programmes such as: management and team development; personal effectiveness; enterprise development and community development.

She was also involved in piloting and setting up a nationwide Adult Guidance Service for people exploring career options. During her time as a Director of a Regional Port Authority, she was involved in its successful amalgamation with a neighbouring Port Authority. Ann became a consultant in 2001 and has worked on many public and private sector projects as a trainer, coach and facilitator. Key areas of her work include: communication, personal effectiveness; performance feedback facilitation skills; organisational change; conflict management; action planning; strategic planning and developing dignity and respect guidelines.

Qualifications, accreditations and memberships

- BSc (Hons) Psychology
- Masters in Education (Training and Development)
- Certificate in NLP (Accredited by the American Board of NLP)
- Diploma in Coaching (Accredited by the International Coaching Federation)

- Member of the Irish Institute of Training and Development, International Coaching Federation (ICF), the European Mentoring and Coaching Network (EMCC) and the Irish Coaching Development Network (ICDN)
- Accredited to administer MBTI® Step 1.

Coaching style

Ann's coaching style is grounded in a strong belief that the contract between the coach and coachee is based on the following principle: the role of the coach is to enable and empower the coachee to clarify their goals, 'unstick' themselves when they reach an obstacle, and find the resources to overcome the challenges along the way.

Her work is not focused on the use of 'smart' tools or techniques, but on working very authentically with individuals and teams, focusing on the future and on growth and development. Her work is also grounded in strong ethical standards: at all times, the coachee is actively involved and takes responsibility for the outcomes.