



Joe O'Connor
Board Level Executive Coach
Based in: Republic of Ireland
Languages: English
Qualifications: BSc

Joe became a coach in 2004 following fourteen years of successful senior management experience as chief executive in the food industry. Joe was drawn to the coaching profession having studied its highly significant impact on the success stories of top businesses and executives, which he found particularly interesting from his own perspective as a senior manager.

He has personal experience of the potential for coaching in business and has seen at first hand that coaching empowers people and teams, thereby unlocking enormous potential. A member of the first group of Coach Supervisors to be trained to certificate level in Ireland, he works with management levels up to and including senior managers in sectors as diverse as telecommunications, retail, hotel and catering, credit unions, dairy co-ops and the caring professions. He focuses on the areas of work/life balance, self-awareness, people development and communication skills. He also works with companies to introduce a coaching culture, and to drive this culture deep into the organisation in a positive and proactive manner.

Qualifications, accreditations and memberships

- Certificate in Coach Supervision
- Diploma in Business, Executive & Personal Coaching
- Licensed Facilitator for the International School of Coaching
- Approved Trainer with the Coach Institute of Ireland
- Tralee Course Tutor for Diploma in Business, Executive & Personal Coaching

- Licensed Practitioner in Personal Profile Analysis, Aptitude & Ability Testing, Emotional Intelligence Testing, OPQ Level 2
- Distinguished Toastmaster Award (DTM)
- Member of the International Coach Federation (ICF)
- Member of the Life & Business Coaching Association of Ireland (LBCAI)
- Member of the International Association of Coaches (IAC)
- Member of the Irish Coaching Development Network (ICDN).

Coaching style

Joe has a tremendous belief in the potential of people, and his experience suggests that they can achieve spectacular results with the proper combination of support and challenge. Good at building rapport, he has a natural empathy with managers and his coaching is always results-focused. He creates a safe, fun and challenging training and coaching environment when working with clients that facilitates change, growth and maximizes learning.