



Valarie Daunt

Board Level Executive Coach

Based in: Republic of Ireland

Languages: English

Qualifications: BComm MBS
PgDip Coaching

Valarie is an experienced HR practitioner and organisation development consultant with over 12 years' experience in senior management and consultancy roles. She has experience providing life and business coaching across a range of sectors.

Valarie has extensive experience in the design and delivery of behavioural change interventions on a wide range of management development and assessment assignments, as well as major organisational change programmes, executive coaching and 360 degree feedback.

Qualifications, accreditations and memberships

- B. Commerce in Human Resources & Marketing
- MBS in Management and Organisation Studies
- Post-graduate Diploma in Executive and Life Coaching
- Certificate in Training
- Certificate in Employment Law
- Level A & B Psychometric Training
- Memberships – IITD, European Coaching Institute (ECI), International Coach Federation (ICF), SHRM, British Psychological Society.

Coaching style

Valarie has an explorative style to coaching that allows her to probe her clients' working world, feelings and views. This approach allows her to identify and build on their unique strengths, encouraging them to stretch, recognise achievement and thereby achieve personal and business results. Her action-oriented approach ensures that each session ends with a clear action plan aimed at developing the individual.

Valarie specialises in performance, career and transitional coaching, working in partnerships with clients to help them understand the expectations for them, and to develop action-oriented goals that allow them develop the skills and the confidence to maximise their performance. She also works with executives who have received performance feedback to help them proceed through the Denial – Acceptance Continuum as quickly as possible in order to develop clear plans for working on their development areas.