



Amden Counselling Services

PSYCHOTHERAPY · COUNSELLING · MEDIATION



EXECUTIVE – BUSINESS  
& LIFE COACHING



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## Unlock Your Potential with our Executive and Life Coaching Programme

Welcome to a transformative journey where personal growth meets professional excellence. At Amden Counselling Services, we are dedicated to helping you unlock your fullest potential through our comprehensive Executive and Life Coaching Programme. Designed for professionals and individuals eager to excel in all areas of life, this programme is your pathway to achieving extraordinary goals and fostering an enriching life that balances success with personal well-being.

## Why Choose Our Executive and Life Coaching Programme?

In today's rapidly changing business landscape, being a successful executive requires more than just industry knowledge and technical skills. It demands resilience, emotional intelligence, strategic thinking, and the ability to lead with inspiration. Similarly, finding personal satisfaction and balance in one's life requires clarity, purpose, and effective stress management. Our coaching programme is tailored to meet these needs through a multidisciplinary approach that harmonizes professional ambitions with personal values.

## What is Executive and Life Coaching?

Executive and Life Coaching is a dynamic, collaborative process that focuses on helping individuals realize their full potential in both their personal and professional lives. At Amden Counselling Services, our Coaches are highly qualified.

The vast majority of training courses to become a coach are undertaken in a matter of weeks. Simply check out any course provider and you will see that this is probably the case. We are fundamentally in disagreement with this approach and believe that such courses by their very nature are inefficient and ineffective. Our coaches will have a minimum of 5 years university experience and training in human behaviour, psychology and coaching before ever working as a coach. They will also be business highly established business leaders themselves.

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With our high level of professionalism and qualification we will work with you to identify and achieve your most valued goals. Through one-on-one sessions, we create a dynamic, supportive environment where you can explore your aspirations, challenges, strengths, and weaknesses so that you can thrive in your executive and business life as well as personally.

## Programme Features

Our Executive and Life Coaching Programme includes:

- **Personalized Coaching Sessions:** Each session is tailored to address your unique challenges and goals. Our coaches employ various techniques, including goal-setting, motivational interviewing, and strength-based approaches.
- **Leadership Development:** We focus on developing key leadership skills such as emotional intelligence, conflict resolution, effective communication, and team dynamics.
- **Career Advancement:** Whether you're looking to climb the corporate ladder or pivot to a new industry, our coaches provide the guidance necessary to navigate your career path successfully.
- **Life Balance Strategies:** Learn to maintain a healthy balance between work and personal life, enhancing overall well-being and productivity.
- **Self Management and Resilience Building:** Equip yourself with tools to manage situations effectively and build resilience against personal and professional pressures.
- **Confidential and Professional Environment:** Our sessions are conducted in strict confidence, providing a secure space to excel and grow in your executive, business and personal life.

## How Our Programme Can Help You

1. **Enhance Decision-Making Skills:** Make more informed, strategic decisions by gaining clarity and removing biases.
2. **Boost Productivity and Performance:** Implement efficiency strategies that maximize your professional output and personal satisfaction.

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3. **Improve Interpersonal Relationships:** Strengthen your personal and professional relationships through enhanced communication skills and emotional intelligence.
4. **Navigate Career Transitions:** Receive support and practical advice during crucial career transitions or transformations.
5. **Achieve Work-Life Harmony:** Develop techniques to manage and create a fulfilling balance between career demands and personal life.

## Our Expert Coaches

Our team of coaches at Amden Counselling Services bring a wealth of experience and specialized training in various aspects of psychology, business management, and human behaviour. They are committed to continuous professional development to ensure they are equipped with the latest scientific research and knowledge of executive trends.

## Success Stories

Our programme has empowered many professionals to lead more fulfilling business and personal lives as they excel in their careers. Here are a few testimonials from our clients:

*"The coaching sessions at Amden Counselling Services helped me gain a new perspective on my career and personal life, allowing me to thrive in both areas."*

Sarah L.

*"I was sceptical about what coaching could really do for me, but the targeted approach used by my coach has been a game changer."*

Mark D.

*"Thanks to the team at Cork Coaching, I was able to successfully navigate a major career transition and improve my overall well-being."*

Emma T.





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### Join Us

Embarking on your coaching journey with Amden Counselling Services means taking a significant step towards living your best life. We invite you to join us in this empowering programme that promises not just to meet but exceed your expectations.

### Getting Started

To learn more about our Executive and Life Coaching Programme or to schedule your first session, please feel free to contact us and ask to speak to one of the coaches.

Experience the transformative power of coaching and begin your journey to a more fulfilling professional and personal life today with Amden Counselling Services. We are here to guide you every step of the way.

Contact us now to unlock your potential and start your transformation.

**You can contact us by email [admin@amdensuites.ie](mailto:admin@amdensuites.ie) or through our website [www.amdencounsellingservices.ie](http://www.amdencounsellingservices.ie)**

You can contact a Therapist directly by phone.  
Details of each Therapist can be found on [www.amdencounsellingservices.ie](http://www.amdencounsellingservices.ie)

**The Amden Suites, Floor 2, The Atrium, Blackpool Business Park**

Directions: [Click Here](#)

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