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# Coaching Psychology



***'Success is a science; if you have the conditions you get the results.'***  
**Oscar Wilde**

## Coaching Psychology Overview

The practice of coaching psychology may be described as a process for enhancing performance and well-being in work and personal life which is underpinned by models of coaching grounded in established learning theories and approaches. It is practiced by qualified coaching psychologists.



## Which Type Of Coaching Is Proven To Work Best?

Coaching psychologists work with empirically validated interventions that are scientifically proven to assist clients to function at their optimal level.

## Why KinchLyons?

We are registered psychologists, accredited by the Psychological Society of Ireland and founding members of the Society for Coaching Psychology: an international professional membership organisation recognised by the British Psychological Society.



## Individual Coaching

Psychological coaching helps individuals to gain awareness of how they can perform to their full potential and experience high levels of well being, leading them to be highly effective in all aspects of their lives - bringing energy, creativity and critical thinking to whatever they choose to focus on.

This enhanced psychological capital is part of the make-up of many great managers and leaders. It is indeed the difference that makes a difference.

## Team Coaching

Psychological coaching at the team level unleashes a shared blueprint, vision and sense of unity allowing the team to begin (or to maintain) operating at its optimal level.

An organisation's (or team's) culture is defined by 'the way most people behave, think and act most of the time'. An effective team coaching intervention leads to the establishment of a culture of excellence.

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## Coaching Psychology

Empirically Validated Interventions  
Proven To Enhance:

- 🌀 Leadership Skills
- 🌀 Relationship Management
- 🌀 Performance and Productivity
- 🌀 Optimism
- 🌀 Resilience
- 🌀 Trust and Credibility
- 🌀 Self-actualisation
- 🌀 Work-life Balance
- 🌀 Poise under Pressure
- 🌀 Achievement and Fulfillment
- 🌀 Focus
- 🌀 Creativity



**Right People**

**Talent Unleashed**

**High EQ Teams**

**Authentic Leaders**

**Culture of Trust**

**..... GREATNESS**

[www.kinchlyons.ie](http://www.kinchlyons.ie)

Contact us to-day to talk confidentially to one of our coaching psychologists about how best we can develop psychological capital for you at an individual, team and/or organisational level.

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