

# Maura Dolan



Maura is an accredited coach and trainer with over 17 years' experience delivering training courses and coaching senior executives and leaders in a broad range of industries. She designed and delivered an internationally recognized advanced coaching and mentoring qualification. Her company, Life & Executive Coaching Institute (LECI), is an approved QQI provider for a range of Level 6 Coach Training and Train the Trainer.

Maura spent over 20 years working in the corporate world and has extensive business acumen. She has a comprehensive understanding of finance, compliance and regulatory matters honed through her considerable experience both with the IDA, private industry, her professional qualifications and through working with companies in highly regulated sectors.

Maura has developed a comprehensive and detailed coaching manual that provides further support and information to executive clients.

## PROFESSIONAL EXPERIENCE

As a volunteer Mentor and Career Coach at JobNet, Maura provided motivational training, employment readiness training, career transition, career marketing and change management to assist the professionally skilled individual or graduate who is finding it difficult to find work. From there, Maura has held several positions including Master Coach, Coach Trainer and Associate Coach, offering executive coaching services to clients and staff along with transitional coaching through management change.

Currently, Maura is the owner and founder of the Life & Executive Coaching Institute, developing courses that are designed to provide managers and staff with a range of professional skills to develop potential competencies and skills. Additionally, she also provides a range of career, executive and life coaching services based on successful training methodologies.

Maura's signature strength as an Executive Coach and an Accredited Trainer is her ability to balance her empathetic style with a challenging action and performance-based focus. She achieves this through building non-judgmental, authentic and supportive relationships. Her expertise in the area of training life and executive coaches and mentors further positions her to be at the cutting edge of new and evolving coaching techniques. Motivating and inspiring others to develop high performance and make professional improvement are values important to Maura.

## CERTIFICATIONS & SPECIALTIES

- Accredited Fellow Coach (ACF)
- Executive Coach Trainer
- International Institute of Coaching & Mentoring (IIC&M)
- IMI Post Graduate Diploma in Executive Coaching (Hons.)
- Accredited in the ECR/ECR 360 assessment instrument
- British Psychological Society: Certificate in Test User Occupational
- Ability, Test User Occupational Personality (formerly Level A&B)
- Business Practitioner Level in Neuro-Linguistic Programming, Richard Bandler trained, Irish Institute of NLP
- Certificate in Training & Continuing Education, NUI Maynooth
- Certificate in Counselling (Foundation Skills), NUI Maynooth
- Institute of Chartered Secretaries and Administrators (ACIS)
- Associate member of the Association for Coaching Ireland (AC)

## KEY SKILLS & QUALIFICATIONS

- Coaching/Executive Coaching
- Training
- Change Management
- Emotional Intelligence
- Leadership Development
- Management Development