

Speaking & Training

Sile Walsh Coaching Psychology Author, Facilitator & Speaker

Sile has extensive experience facilitating, training and speaking to groups within a number of sectors including; the charity sector, business sector, social sector, health sector and educational sector at a local, national and international level. Sile's training style is casual, enthusiastic, realistic and actionable.

Sile is currently based in Cork and welcomes speaking opportunities nationally and internationally. Sile values an authentic approach and will happily create individually tailored programs to meet the needs of your organisation.

Topics Sile is passionate about:

- Mental Fitness
- Stress Management
- Recovery – Mental Health & Addiction
- Work and Life Balance
- Relationships (Professional, Management & Team Work)
- Resilience
- Mental & Emotional Wellbeing
- Effective communication
- Authentic Leadership
- Emotional Intelligence

Benefits of working with Sile:

- Sile tailors all her work to meet the needs of her audience
- All work is based on coaching psychology and research.
- Sile brings everything back to actionable steps so participants leave with positive action steps.
- Sile's speaking style is friendly and personable giving lots of room for participants to ask questions and get involved.
- Sile uses innovative techniques to engage the audience and encourages discussion.
- Sile follows up each engagement with feedback and additional information that became apparent during the course of engagement.

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Sile's profile:

Sile is a passionate coach, author, facilitator and speaker. Using authenticity as a core value when working with people in relation to Mental Fitness, Mental Health, Emotional Intelligence, Recovery, Stress Management, Business Development, Authentic Leadership, Interpersonal Skills, Holistic Well-being and Relationships.

Sile is qualified in coaching psychology through UCC and works under the guidelines of the Association of Coaching Ireland. Sile has also undergone professional training in Adult Psychology, Mindfulness, Leadership, Recovery, Cognitive Behavioural Coaching, Conflict Resolution and is currently completing her training in professional supervision.

Some organisations Sile worked with:



Some of the media Sile has been interviewed or written for:

