



For Contact



## Executive Coach

Restorative | Futuristic | Focus | Harmony | Context

### Profile:

Ciarán McBreen is an associate coach with 2b Limitless. Originating from Ireland, Ciarán has worked in the Middle East since 2012.

Ciarán has a Master's Degree in Coaching and Mentoring, a Teaching degree, a Bachelor of Arts Degree and is a Certified Coach, accredited by the International Coaching Federation.

Ciarán specialised in workshop delivery and delivers programmes such as the 'Time and Tested COACHING Toolkit', the 'POSITIVE Perspective Principle', the 'BARRIER Breaker Bootcamp', the 'FEEDBACK Facilitating Formula' and the 'Perfect Public SPEAKING System', all of which equip participants with the resources and skills to deal with the countless challenges of modern-day working life. Clients of these programmes include BCG, PWC, Enterprise Ireland, Augustus Media, The Trade Desk, Mediclinic, The Dental Studio, GEMS Education, Innoventures Education, AES Insurance and Hays Recruitment, to name a few.

Ciarán's coaching and workshop delivery approach is personalized, goal-oriented, and compassionate to the identified needs. He works collaboratively with his clients to identify limiting beliefs, address challenges, and develop strategies to make positive change happen. With his education experience and through the understanding of learning styles and the use of differentiation, a combination of delivery styles and creativity, Ciarán's workshops are fun, developmental and importantly, relevant

## Profile:

In addition, Ciarán supports individuals on a one-to-one basis and has provided a platform for thousands of people to flourish, develop self-belief, feel empowered and reach their true potential. Ciarán has sparked the 'life' into the lives of many and excels in getting the best out of people.

As the published author of LISTEN! and a podcast host of Let's LISTEN!, Ciarán is passionate about giving people a voice, and using their voice to support others with similar stories and challenges.

Ciarán is a Mental Health advocate and uses his platform to speak at various events, radio, podcasts and seminars to discuss topics such as men's mental health, loneliness and, the challenges in the education/student wellbeing space. To further support this, Ciarán holds regular community events to support individuals who are in need of connection and communication.

## Certifications & Education

- Masters Degree in Coaching and Mentoring (1st Class Hons)
- PGCE - Secondary Education
- International Coaching Federation (ICF) Certified Associate Coach
- Co-Active Institute Certified Coach
- Graydin Certified Coach
- Batchelor of Arts Degree
- Centre of Excellence Diploma: Living your best life
- Graduate of the AH Public Speakers University

## Industry/Functional Experience

- Healthcare
- Insurance
- Advertising
- Business development
- Consulting
- Recruitment
- Hospitality
- Marketing
- Construction
- Media
- Education
- Personal



Living Your Best Life Diploma

