

## Rina Mahoney – Coach



Rina has a Level 5 Coaching Diploma from The University of Warwick, where she passed with a first.

Over the past twenty five years she has been exposed to coaching in a number of training rooms, either as a role player, facilitator or more recently as coach herself.

Over the past two years she has coached for The University of Birmingham on their Referred Students programme and their Referred Doctor Programme working with healthcare professionals at all levels, including Senior Consultants, exploring day to day issues arising from a need for improved communication skills. Here Rina works as a third party coach in alignment with GMC (General Medical Council) values and guidelines. She has also completed numerous coaching sessions with senior managers from PWC.

In addition Rina facilitates a number of programmes where a company or organisation is adapting a coaching culture and her role has been to equip delegates with this key skill. Here she is proficient with the teaching and the practical application of models such as GROW. International senior leaders at IBM along with senior nurse practitioners (through to consultant level) in the NHS, are two examples of this work.

Rina coaches personal impact and presentation skills and has worked with senior leaders in (amongst others) marketing organisations and at Co-op Banking on a one to one basis.

With a specialist interest in Cognitive Behavioural Coaching and Challenging Coaching, Rina enjoys working within a variety of organisations as well as with personal clients in an holistic setting.

With a passion for coaching young people as well as professionals she has recently embarked on coaching at her former secondary school with 14 – 18 year old students.

Practicing what she preaches Rina believes in setting herself challenging goals so is embarking on her first-half marathon and attempting to learn Italian!

For more details please visit [www.rinamahoney.com](http://www.rinamahoney.com)