

Cathy Winston CV



Cathy Winston is a Proctor Gallagher Institute consultant and coach who works with people who want to grow and evolve. Her clients know they have more to give and more to get from life and work. Cathy is passionate about sharing the insights and tools that will help them understand the process that will build the bridge to where they want to be.

Companies and people alike need to grow continually. Being future-focused and finding new and exciting opportunities are what success is all about. The options are to *create or disintegrate* (but never to stand still). This philosophy has made Cathy's own business, established in the mid-1990s, such a resounding success in marketing and innovation.

Two years ago, Cathy launched her exciting new programme, New Chapters, New Choices. The programme is based on her 30 years of experience in studying success in business and leadership and coaching individuals on success (not to mention her personal life experience).

New Chapters, New Choices: How Coaching With Cathy Works.

It's often the case that after intense focus on exams in school and college, maybe setting out on a particular path, real clarity around the next target in career or life gets lost. Instead of letting the years slip by, stuck in a place you may not want to be,

Isn't it worth asking yourself what you really want in life? It's a simple enough question, but finding the answer can be a more complex affair. This is where Cathy's expert coaching comes in. By facilitating targeted conversations and discussions around your experience, hopes and goals, alongside a 12 week or 24 week personal development programme, Cathy can help you unearth your real vision for your future. She enables you to identify and acknowledge the strengths and skills that are unique to you, helping you develop the confidence to get to the place you want to be in life.

Combining what you love to do with a deeper understanding of your innate skills brings new clarity. Seeing things clearly then buys you time to rethink your path. Once Cathy has helped you identify this path, you start the exciting work of exploring the opportunities you have probably never considered before. This is because, in most cases, they are hidden beneath the obvious choices. You haven't yet seen them because of issues around self-belief or self-confidence - those old habits of thinking that stop you from going beyond a certain point. They keep you stuck in a place where you are swept along by circumstances in every environment.

When you reveal and activate your actual goals and strengths, you can explore the broader possibilities open to you from a place of greater confidence. Operating from a more confident place brings happiness, improved work and life relationships and the ability to translate your newfound success into financial freedom.

I'd love to talk to you about how we can work together to make all of this happen. You can contact me at cathy@cathywinston.ie and I'll get right back to you to set up a meeting.