



Sarah Kelleher
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"I once sang 'The Boys are Back in Town' on national TV, even though in school I was told to mime in my school choir, as I was so bad at singing!"

I've worked with....

- Mars
- Glanbia
- Levi's
- Whitbread
- Wickes



A bit about me....

I have been involved in high performance coaching at international level for over 8 years, currently in my fifth cycle as Lead Coach for England Hockey U18 Girls with experience as assistant coach to GB/England U21. This combined with my senior international playing career, spanning 10 years, and as Irish Captain, provides me with an in-depth understanding of what it takes to achieve and be your best under pressure.

Alongside my sporting career, I have worked in business as a strategic consultant in innovation, business & brand strategy, specialising in the power of storytelling & cultural understanding to engage and change behaviour across a wide range of sectors and business challenges.

My experience has allowed me to shape my philosophy toward a flourishing model of coaching that truly looks at the holistic development of people, creating environments that allow individuals, teams and organisations to flourish. I regularly speak at events, conferences and facilitate workshops on the topic.

I am the proud Mum of my seven-year-old son and love nothing better than spending hours and hours playing together. In my 'free time', I have renovated an old ruin to set up a Wellness Centre in the rolling hills of Le Marche, Italy, that offers inspiration on how to live well, flourish and be your best self.

Colleague View

"Endless fun, just a wonderful human being that brings the best from people!"

"Sarah's special qualities

- Sense of wonder
- Intelligent
- Self-aware
- Humble
- Appreciating the journey, though not at the expense of the destination
- A positive life force
- A good teammate as well as leader
- Fair (non-judgemental)"

Client View

"My daughter has had a truly extraordinary year with you and has learned so much about herself, her potential and her hockey. She has returned after every training session or camp utterly happy and absolutely bouncy and fulfilled. She has always felt listened to, taken seriously (in the very best way), respected, valued and cared for. I look at her and I see a remarkably balanced and happy, dedicated, focused, fun-loving young woman This is in no small part attributable to the three-dimensional coaching you gave this year. Hats off to you, Sarah... you are clearly loved by her & the team, respected enormously and admired for your technical prowess, hockey instinct and Irish ways!"

Credentials & Qualifications

- B.Comm Hons Degree (UCC)
- NLP Master Practitioner, NLP Coach and Advanced Coaching & Neuroscience (ITS)
- Mindfulness CBT (Oxford University Mindfulness Centre)
- Aspire Talent Coach Development and Women in High Performance Coaching (UK Coaching)
- LEGO® SERIOUS PLAY® Facilitator