

## Biography

With over 8 years in high-performance coaching at the international level, I'm currently in my fifth cycle as Lead Coach for England Hockey U18 Girls, having served as an assistant coach to GB/England U21.

My 10-year senior international playing career and role as Irish Captain provide valuable insights into achieving excellence under pressure. Beyond sports, I've delved into business as a strategic consultant, specialising in innovation, business, and brand strategy.

My coaching philosophy centers on holistic development, creating environments for individuals, teams, and organisations to flourish. I frequently speak at events, conferences, and facilitate workshops on this topic.

A proud mom, I've also transformed an old ruin into a Wellness Centre in Le Marche, Italy, promoting living well and being one's best self.



[Watch Sarah's YouTube Video](#)



## Sarah Kelleher

### Team Coach

### Clients

- The FA
- MARS
- Glanbia
- Levi's
- Whitbread
- Wickes
- Sanofi
- Insight Technology
- WSLA

### 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

## 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's year with you has been truly extraordinary. She's learned so much about herself, her potential, and her hockey. After each training session, she returns utterly happy, brimming with energy, and fulfilled. She's always felt heard, taken seriously, respected, valued, and cared for. I see a remarkably balanced and happy, dedicated, focused, fun-loving young woman, thanks in no small part to your coaching. Hats off to you, Sarah. You are clearly cherished by her and the team, respected and admired for your technical prowess, hockey instinct, and Irish ways.”