



# Coach Profile

## Shawn O'Rourke



In working with some of the world's most successful and demanding companies, Shawn has developed a unique blend of insights into human behaviour and its impact on performance at work.

During his career he has held roles in Operational Management, Human Resources and Learning & Development. In 1995 he became an independent consultant. He then joined The McMillan Partnership as Operations Director and in 2001 set up Blue Fox Consulting Ltd., which he still runs.

With over 20 years of Executive Coaching experience with a broad spectrum of Leaders from Top Tier to Middle Management, Shawn has coached in circumstances such as role transitioning, career planning, business strategy planning and assignments with a specific performance focus. In addition to One-to-One interventions he also has experience of Team Coaching. He has operated in a variety of industries and sectors including, I.T., FMCG, telecommunications, retail, hospitality, local government and housing associations.

### Qualifications/Experience

- Bachelors Business Degree in International Hotel Management, College of the National University of Ireland
- Member of Chartered Institute of Personnel & Development (CIPD)
- British Psychological Society (level B),
- Advanced Diploma in Executive Coaching

- AoEC Accredited Associate Executive Coach

### Specialist Areas

- Executive Coaching
- Leadership Development Facilitation
- Team Performance Enhancement
- Change Leadership

*"I was fortunate enough to have Shawn as my coach during a particularly tumultuous 6 months at work. Shawn showed great skill in helping me explore ways to handle the various situations that arose. He was really good at judging when to support and when to push me. His coaching definitely contributed to my successful navigation of that period."*

