

COMMON AGENDA

Life

Stress

Family

Selfcare

Self-Worth

Assertiveness

New Beginnings

Healthy Relationships

Chronic Health Issues

Joblessness

Relocating

Mental Health Issues

Bereavement

Work

Changing Jobs

Changing Careers

Work-related Stress

Decision Making

Live the Life you Love

Don't Delay
CALL NOW

for more information.

Testimonials

"Tina's coaching helped me identify and work on my values and to see things from different angles."

G. M.

"I got to work on who I am and be a better person for my kids. I learned to listen a lot with Tina."

P. M.

"I have learnt new things I never thought I would. I look and talk to people differently now Tina is a brilliant Coach and speaker."

D.

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Wondering how you can overcome challenges and make the most of your current situation?

Wonder no more!

Empower Coaching will provide you with insights and support you need to maximise your resources and potentials for success. Coaching helps you improve your physical, social, and mental wellbeing.



empower **Services**

The coaching process will encourage, challenge and support you to discover more about yourself through a co-active approach.

I provide confidential, non-judgemental, and empathetic listening in a psychologically safe environment.

My clients gain clarity and are empowered to achieve success with their goals and objectives.

Contact me for your first free consultation.

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Coaching

1:1 and group coaching (online or face to face).

Individual package consist of four weekly sessions of one hour duration. Six to ten people can avail of group coaching of two hours weekly for 6 weeks.

Workplace Health Promotion

Implementation of comprehensive workplace health promotion strategy and programmes guaranteeing employee health and wellbeing, improved productivity and organisation reputation.

About

I am Tina Adagun, Health Promotion Practitioner and coach. I enjoy supporting people live a healthy, balanced life and have worked for decades as a medical professional and in the community, promoting personal and community wellbeing.

I believe in empowering people to personally champion their health and wellbeing by using internal and external resources available to them.



MBBS, Pg Cert HP,
H. Dip QA, Dip Coaching.