



EXCLUSIVE 1 HOUR MASTERCLASSES TO



EDUCATE



INSPIRE



UPLIFT

Hi there

It's nice to virtually meet you.

I'm an Award-Winning Executive Coach, Podcast Host, Work-Life Balance and Mindset Expert. I support successful female leaders to achieve more and stress less using a proven 5-step system backed by research.

My 1:1 coaching program *Powerhouse Revolution* is perfect for high-achieving female leaders who are feeling frustrated, unhappy or burned out in their careers and want better work-life balance, increased professional success and true inner contentment.

I offer a group leadership development program called *The Female Leaders Academy*, co-funded by Skillnet Ireland (T&C apply)

I also provide motivating and inspiring workshops for leadership teams, women's groups, and corporate events for all employees.

I am a passionate speaker and have been featured across the media.

If you're a progressive company who knows that when you take care of your people, they take care of your business, I want to support you.

 [Get in touch now to learn more](#)

Lucy x

Certified Executive Coach





"Lucy hosted a motivating and inspiring session for our event. Her passion and helpful advice in supporting every attendee to achieve success in their own lives was exceptional, along with the supportive tools she shared".

Louise O'Brien



Dermalogica, Education
Training Manager-Ireland



"Everyone was buzzing after the event and all attendees felt the content was very valuable to day-to-day activities in their roles. Some have even set up 'Accountability Buddies' to continue learning & growing from the event as recommended by Lucy! I cannot recommend this incredible lady highly enough".

Crystal Kelleher



Womens Resource Group Co-Lead
Thermofisher Scientific



"Lucy brings energy, razor sharp focus to her sessions when it comes to guiding and delivering. Masterclass attendees found her thorough, engaging and inspiring while offering practical advice. Her one to one mentorship with up and coming talent provided very effective in achieving the required goals".

Amy Buckridge



MD, The Publicity Loft



”Let me take the hassle out of event planning... you have enough to do!”



You have a busy day job as well as trying to sort speakers and trainers for corporate events. **Your time is precious and the event must inspire, educate and engage employees and you *definitely* don't want it to be boring!** You also want organising things to be as **pain-free** as possible... you have your real job to get back to.

Did I get that right?

Let me take the hassle out of this for you.

I offer **inspiring virtual workshops** and motivational talks to suit your needs. These are suitable for women groups but can be tailored at no extra cost for all employees both male and female.

Masterclasses include:

- How to Set Boundaries Effectively
- How to Silence Your Inner Critic.
- Work-Life Balance Workshop
- How to Handle Conflict at Work in a Fun Way Using the Drama Triangle
- Finding Your Ikagai and Zone of Genius
- Mindset Mastery for Public Speaking
- Time Management Mastery using my *4 Elements Time Mastery Method*
- Understanding Your Core Values helping with decision-making
- Understanding Your Core Beliefs helping with conflict and confidence
- How to Manage Stress at Work
- The Basic Role of a People Manager
- The Power of a Growth Mindset and Positive Thinking at Work
- Manifestation Workshop Supporting Attendees to Manifest More Success
- 3 Secrets to Be a More Effective Leader

and more!

The investment is €1995 for a 1-hour virtual masterclass or workshop, which includes Q&A time.

I can also deliver in-person or develop a tailored topic to your needs, for an additional fee.

Let me know what you need and how many people and I'll provide a quote with special rates where a series of topics are booked

 [Contact Lucy now to learn more](mailto:lucy@lucygeron.com)