

Sarah Keheller

FRIDAY 15 MARCH 2019 – 7.00pm-8.30pm



About the talk: Sarah will explore a key topic in all areas of our lives: Confidence. She will look at how confidence is not a talent we are born with but a skill that can be learned. It is a skill that can be cultivated by growing awareness of our best self and what it takes to allow us to truly flourish and thrive.

About Sarah: Sarah has been involved in high performance coaching at international level for over 8 years currently in her fourth cycle as Lead Coach, England Hockey U18 Girls. This combined with her senior international playing career, spanning 10 years and as Irish Captain, provides her with an in-depth understanding of what it takes to perform to your best.

In addition to her hockey coaching roles, Sarah is a qualified NLP Coach and Master NLP Practitioner and also works as a strategic consultant in innovation, business and brand strategy. This diversity of experience has positively influenced her coaching approach adding another dimension to how she looks to effectively influence and shape a team culture where players can be their best in reaching their full potential.

Her experience has allowed her to shape her philosophy toward a flourishing model of coaching that truly looks at the holistic development of players. She is expert in creating team culture that allows players and teams to flourish as they strive to be their best and perform under pressure. This approach has played a key role in achieving podium success across two Europeans as England U18 Lead Coach.

She is the proud Mum of her six-year-old boy and loves nothing better than the hours and hours spent playing together. In her 'free time', she has renovated an old ruin to set up a wellness retreat in the rolling hills of Le Marche, Italy, that offers inspiration on how to live well, flourish and be your best self.