

Sarah Kelleher

Senior Team Coach



Proud to work with

- › The FA MARS
- › Glanbia
- › Levi's
- › Whitbread
- › Wickes

Qualifications

- › B.Comm Hons Degree (UCC)
- › NLP Master Practitioner, NLP Coach and Advanced Coaching & Neuroscience (ITS)
- › Mindfulness CBT (Oxford University Mindfulness Centre)

“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 centres 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.”

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.”

Colleague View

“Sarah is an endlessly fun, wonderful person who brings out the best in others. She possesses a sense of wonder, intelligence, and self-awareness, coupled with humility. She values the journey without losing sight of the destination, radiates positivity, and excels as both a teammate and leader. Above all, she is fair and non-judgmental.”