



JENNIFER MCCANNA, PCC

Professional Coach

Jennifer is an accredited coach with 11 years experience in the coaching industry.

Jennifer likes to blend the transformational work around self-belief, confidence, your vision for yourself and the values you want to live by, with practical tools to help you get the job done.

QUALIFICATIONS

- ICF PCC accredited coach

COACHING AREAS OF EXPERTISE

Mindset – Where appropriate she uses EFT (Emotional Freedom Technique) to support clients to process stress and overwhelm, so they leave the sessions feeling calm, creative and confident.

Professional Transformation – Jennifer helps prepare clients for difficult work conversations, how to influence effectively and how to get the most from the clients team.

Communication and Leadership – Jennifer has first hand experience of managing teams with ambitious targets, during challenging times, and understands the tensions of working in a middle management role.

"Jen is a kind and thoughtful coach with a great way of helping you access your truth, even in the depths of overwhelm"