



ALL STAR COACHING

PAUL CURRAN

PERSONAL DEVELOPMENT AND PERFORMANCE COACH (MSC)

PERSONAL PROFILE

Professionally qualified coach and mentor with a goal to support and help individuals and teams to develop, grow, improve and succeed
Registered member of the Association for Coaching® (AC)
Former Tipperary inter-county player and GAA All Star.

CONTACT DETAILS

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website: www.allstarcoaching.ie
Location Mullinahone, Co.Tipperary
Instagram: [@allstarcoaching.ie](https://www.instagram.com/allstarcoaching.ie)

PRICING

Pricing is based on requirements
.Initial consultations are free (10-15 mins)
Coaching session packages available

Get in touch to make an enquiry or simply just request more information

Coaching Services



PERFORMANCE COACHING

Working with

- Individual athletes across all sporting contexts
- Team development
- Leaders

PERSONAL DEVELOPMENT COACHING (ONLINE)

Working with individuals and groups

- Leadership development
- Personal fitness, nutrition & lifestyle
- Work / life management
- Managing important transitions – college, work, career
- Mentoring
- Solution-focused problem-solving

BUSINESS DEVELOPMENT WORKSHOPS

In the areas of

- Coaching skills
- Mentoring skills
- Psychology of teams
- Change management
- Effective feedback delivery
- Effective communication and problem-solving
- Leadership development