

The DF Coaching and Mentoring Committee under the direction of Brig Gen Brendan Mc Guinness, have liaised with Kingstown College who have agreed to provide pro-bona coaching to 35 DF personnel.

This will consist of four free coaching sessions with a Coach from Kingstown College. The four sessions will be via video or in person depending on what the Coach / Coachee prefer. Most likely video due to geographical spread and COVID 19. The start date is the week on the 1st Nov 21. The Coach and Coachee will decide a time that works for both of them.

This is a voluntary and confidential service that DF personnel can avail of. Suitable candidates will be required to provide a one page bio that will be forwarded to the Kingstown coach.

This is a unique opportunity for personnel to engage with a professional coach on a pro bono basis with the overall objective of personal development.

Coaching can positively impact Coachee's careers and their lives by helping them to:

- Establish and take actions towards achieving goals.
- Become more self-reliant.
- Gain more job and life satisfaction.
- Contribute more effectively to the team and the organisation.
- Take greater responsibility and accountability for actions and commitments.
- Work more easily and productively with others.
- Communicate more effectively.
- Increased self-confidence.
- Personal development.

The coaching is available to Army Captains who are currently on the LCSC, Air Corps Captains and Lt (Naval Service) and all Senior NCO's across the Defence Forces.

Applications through formation HQ by COB 18 OCT 21.

All queries to Comdt Barrett – e.barrett@defenceforces.ie / ext: 7821