



Helen McGuire

Life Coach
Mindfulness
Group Work
Reiki

I have been working in Mental Health for 12 years, I am a qualified social worker and coach. While working in clinical settings I have progressed into further training of Life Coaching, Mindfulness & CBT, group work and Reiki.

I have always enjoyed this work as I build trusting open relationships with my clients and support them to work through challenging times. I have worked with both young people and adults in various settings. I now offer 1-1 coaching for both young people and adults. I hope to work with people to support them navigate a challenging time in life. I enjoy this work because each session is tailored toward the needs of you and what is going on in your life. I am dynamic and creative in my approach to this work to help you reach your goals.

I have worked in both Ireland and abroad throughout my career to support people. I have helped people who are experiencing a wide range of issues such as chronic or acute physical pain and illness, grief & loss, relationships issues, trauma & PTSD, anxiety, depression, phobias, self-esteem, addiction, eating disorders, anger management, health, and work-related issues.

A lot of our work together will involve you discovering the relationship with yourself that needs your attention. If you are interested, reach out to me and we can arrange a call to check if we will work well together.

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