

## Clare O Connor

### Clare O Connor Coaching



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Originally from Bishopstown in Cork, Clare O Connor set up her coaching business in Navan, Co Meath, after a 15-year career as an engineer, which included a period of ten years sailing as an officer with the Merchant Navy, where she became Chief Engineer.

During her time at sea, Clare was often the only female on the ship, and, on returning to work ashore, she became the first woman to take an engineering position in not one but two Irish companies. It is perhaps fitting that her coaching business focuses on enhancing the careers of females in STEM.

Before setting up her own company, Clare always enjoyed the training and development side of her engineering roles and was motivated to help people to achieve the same career satisfaction as she had enjoyed.

While still working in engineering, Clare studied Training & Development and Life & Business Coaching, and she founded her company in March 2019.

Two years on, Clare O Connor Coaching has evolved from being a general professional training, development and coaching business, to focus on supporting females in their progression into STEM and through it. Her client base consists of individuals, businesses, schools and associations.

Clare found that the supportive environment of the ACORNS community gave her a platform to test her ideas and develop her business offering to where she wanted it to be.

Her plans for the next year include developing the training and speaking side of her business focusing on female leadership in STEM, while continuing to grow her client base and attract more high-profile clients.

*Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.*



An Roinn Talmhaíochta,  
Bia agus Mara  
Department of Agriculture,  
Food and the Marine