

Carol Keenan

Carol Keenan Guidance



CONTACT DETAILS

T: +353 89 700 5018

E: carolkeenanguidance@gmail.com

Instagram: [@carol_keenanguidance](https://www.instagram.com/carol_keenanguidance)

www.carolkeenanguidance.com



CAROL KEENAN
Career and Personal Life Coach

When the global pandemic left many people feeling lost, it inspired Carol Keenan to launch her own business as a career guidance counsellor and life coach.

Carol has always been a passionate champion of others with their goals. After obtaining a Master's in Guidance Counselling, in 2017 she left her job as a secondary school teacher, to become a guidance counsellor to third-level students at NUI Galway.

Carol started her own coaching business, part time, in April 2020 when people started to reflect on what to do with their lives and careers, and rang her to seek advice. In October 2020, she decided to focus on the business full time and officially launched Carol Keenan Guidance, with the motto: "Explore, Guide, Empower". Carol provides services in career development, job search for college graduates, CAO, QQI, and study abroad advice for Leaving Certificate students.

Based in Loughnavalley, Co Westmeath, Carol works with clients all over Ireland. Since the beginning of 2021, she has branched out to offer dual career advice and development for elite athletes, career change exploration and preparation, as well as educational consultancy for athlete support service organisations.

Carol was grateful to have a network of business women through ACORNS to help her to define her goals. Taking part in the programme gave her the push and confidence she needed to get things done. Through her Lead Entrepreneur, she was made aware of business development grants, for which she could apply. This support has allowed her to develop a new website, which is being designed by a fellow ACORNS participant.

With the website launching in June, Carol now plans to target expats returning to Ireland, and support them on their journey by designing a preparation course this summer.

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