

## Niamh Gaffney

### *Directionality*



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Niamh Gaffney is an award-winning organisational psychologist who has particular focus on mental strength development. Through her company Directionality Horizons Ltd., established in 2016, she provides business and coaching psychology services to organisations and individuals which allow them to work, better.

Working closely with the organisation, Directionality helps them overcome business challenges, support their employees, create truly inclusive and innovative cultures, unleash their talent's potential and develop exceptional leaders. The focus is on enabling positive change, allowing clients to navigate their changing situation with resilience, supported by a range of psychological assessments, bespoke programmes and training and coaching as necessary.

Niamh works with organisations of varying sizes from entrepreneurs and micro businesses to larger SMEs and multinationals, helping them as they face the specific challenges of Onboarding and Return to Work Support, Leadership and Talent Development, Creating an Inclusive Culture, Resilience & Stress Management, Crisis Management and Outplacement Training and Support.

She also offers individual coaching and support and has a particular interest in emotional and mental fitness helping people work through the difficulties in their lives, be that workplace stress, physical illness, caregiving or mental strain. As one of the world's few Professional Medical Coaches, Niamh combines positive psychology and medical coaching techniques, creating a process that encourages clients to thrive through change, allowing individuals and organisations to emerge from a period of change in a stronger, more empowered position.

Her solution focused and strength-based approach to challenges and existing difficulties allows for the development of a resilient growth-mindset in Niamh's clients, impacting positively on their performance, interaction and future personal and organisational growth.

***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