

Ciara Spillane

Positive Prospects



CONTACT DETAILS

T: +353 87 323 3554

E: ciara@positiveprospects.ie

www.positiveprospects.ie

LinkedIn: www.linkedin.com/in/cspillane

Positive
Prospects

Ciara Spillane had spent more than 20 years working in recruitment in the corporate sector when she decided that she could turn her passion for the training and coaching side of her role into her own business.

Ciara set up Positive Prospects, a company that supports organisations and individuals who want to develop their careers, in January 2022.

"I've always been interested in understanding what makes work satisfying and fulfilling for people. I've completed courses in coaching, cognitive behaviour therapy, innovation in education, so I've always been keen to apply that learning to the work I do," says Ciara, who also has a master's degree in positive psychology and coaching psychology from the University of East London.

A native of Gibstown, a Gaeltacht area of Co. Meath, Ciara has worked with a stellar list of clients, including Workday, Amazon, Google, FBD Insurance, and University College Dublin, as well as SMEs and non-profits.

While she is Positive Prospects' sole employee, she hopes to hire associates later this year to help with the workload. "I want Positive Prospects to be the first company that people think about when they think about how they can go about improving their career prospects," she says.

Ciara credits ACORNS with providing a ready-made network of female entrepreneurs and a structure to help her stay focused on her goals.

"ACORNS is amazing. I'm still in touch with the group who were really supportive. I like the structure that it put on things because I have plenty of ideas but I'm so busy that I tend to not follow that often. The programme made me accountable, forced me to commit to goals and ultimately helped me to grow my business," she says.

