



With a professional background in training, business and community development, Denise Gallanagh-Wood set up STARRS in October 2005 offering training & coaching in Northern Ireland and Donegal. Denise has been involved in personal development and training for close to 12 years and brings the values of coaching to all her training and workshops. Coaching is a way to realise your true potential through a process of uncovering and eliminating destructive behavioural and thinking patterns in a supportive, encouraging and inspirational environment. Coaching is a solution-focused approach to personal development that can assist you in making lasting change.

STARRS offers:

Coaching One to one and group coaching for personal and business development.

Personal Development Seminars Designed to educate people to learn to empower themselves on an on-going basis. One session a week, for six weeks, focusing on each individual and their personal circumstances. Encouraging participants to use the tools/skills they learn in their lives, for powerful results.

Personal Development One-day Workshops An introduction to personal power/empowerment, stress alleviation, work-life balance, tools for life.

Creative Retreats Are exclusively devoted to getting in touch with your creativity - and promise to be extraordinary experiences that you will never forget, impacting on the individual in a profoundly positive way. Encouraging and enhancing creative and critical thinking.

Training Workshops. Designed for the workplace or personal development, for groups and individuals.

- Personal Development
- Community Development
- Sustainable Development
- Facilitation Skills
- Conflict Resolution
- Assertiveness Skills
- Communication Skills
- Community Art
- Leadership Skills
- Stress Reduction/Management
- Time Management
- Work – Life Balance
- Team Building
- Creative Retreats
- Coaching
- Personal Effectiveness

STARRS tailor designs workshops and programmes to suit any organisations particular needs and interests. Coaching is at the core of what we do, impacting on the design and delivery our programmes/courses, our approach is focused on getting the best for each individual whatever the context or focus is.

For further enquires contact;

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