

# STARRS



## *INFORMATION FLYER*

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 over to 12 years and brings the values of coaching to all her training and workshops. STARRS works collaboratively with independent trainers, coaches and mediators to ensure you get the best possible service.

### **STARRS offers:**

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

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.

### ***Personal Development Seminars***

Designed to educate people to learn to empower themselves on an ongoing 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.

***We specialise in Youth, Women, Children, Men, Businesses and Community Organisations***

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

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.

### ***Mediation***

Mediation is a new service currently offered through STARRS. Denise Gallanagh-Wood Qualified as a mediator in 2008 and currently works collaboratively with members of the Peace & Reconciliation Group in Northern Ireland when operating as a mediator. Mediation can be offered for family disputes, work place disagreements and community disputes.

For more information contact;

**Denise Gallanagh-Wood**

Mobile: ROI - 086 401 9987    E-MAIL: [info@starrsdevelopment.com](mailto:info@starrsdevelopment.com)    WEB: [www.starrsdevelopment.com](http://www.starrsdevelopment.com)