

WOMEN'S LEADERSHIP PROGRAMME

LEAD WITH STRENGTH,
LIVE WITH EASE.

COMPLETE^{PT}

NUTRITION RETREATS GROUP TRAINING MINDSET

What is “Complete You”?

Complete You is a unique leadership development experience designed exclusively for **women business leaders**.

What makes us different is that we combine cutting-edge leadership coaching with a holistic focus on:

 **Health**

 **Wellbeing**

 **Creativity**

Our mission is to empower women to lead with confidence, clarity, and vitality. **We bring ease to their leadership and their lives.**

The Programme & Benefits

What Participants Gain

- ✓ Renewed energy and focus
- ✓ Practical daily tools to enhance or regain confidence
- ✓ Clarity on personal leadership values and wellbeing
- ✓ Momentum to lead with greater intention and authenticity
- ✓ A supportive peer community

What We Cover

- ✓ Time, energy, and attention: how to reclaim them
- ✓ The mindset gap: navigating imposter feelings with confidence
- ✓ Boundaries and burnout: spotting the signs early
- ✓ Leadership health: where wellbeing and ambition meet
- ✓ Peer connection: collective wisdom in a trusted space

Corporate Programme Formats


1. Corporate Programmes:

- ✔ Half-day immersive in-person experience
- ✔ Six months of virtual group coaching modules
- ✔ Sustains momentum through embedded experiments
- ✔ Built to integrate into busy leadership lives without overwhelm, with time for real world practice and implementation

2. Leadership Coaching:

- ✔ One-on-one transformational coaching
- ✔ Accelerates development of female leaders
- ✔ Can run alongside the main programme

3. Corporate Retreats

- ✔ Tailored to your organisation's leadership and wellbeing goals
 - ✔ Hosted in Ireland or Lanzarote, or your chosen venue
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Leadership Experts



Damian Hall
Health & Wellness Leader

- 25+ years in health and wellness.
- Leads retreats in Lanzarote, Wexford and Pisa.
- Personal training in South Dublin.
- Helps women leaders become their healthiest selves physically and mentally.



Carmel Moore
Leadership Adviser and Coach

- Chartered Accountant, former EY tax partner.
- Finance leader in multinationals.
- Qualified coach and Organisation development practitioner.
- Advocate for Women's Leadership development.

Supplementary Modules

1 Financial Wellbeing:

- Demystify complex financial matters
- Lead with confidence in financial decisions

2 Presence and Impact:

- Build executive presence
- Create unforgettable first impressions

3 Creativity:

- Professional artist-led sessions
- Unlock fresh thinking and creativity

4 Personal Style:

- Image coaching
- Tailored shopping and grooming strategies

Feedback

★★★★★

“Fresh perspective and practical actions—especially around setting boundaries—made this session really valuable for me. I loved the focus on health and wellbeing, which is often missing from women’s leadership spaces. I felt fully engaged and grateful for the opportunity.”

★★★★★

“Great session today. Thank you to you both. Lots of important reminders towards self reflection and positive action.”

★★★★★

"The sessions are really interactive, thought provoking and transformational. Carmel helps me to clearly define and execute my career development plan. Carmel encourages me to see the big picture and think and react differently. Her coaching style is very gentle but impactful with set of right questions and meaningful discussions transforming the way I interact with other people and the impact I have within my organisation.”

Pricing

We tailor Complete You to meet your team's needs, objectives, and business context. **We work with your budget**

Introductory Package

A half-day immersive workshop (face-to-face)
Three one-hour virtual group coaching sessions over three months.

This reflects significant value, based on our benchmarking with organisations across sectors—and we're offering this as an introductory rate for our first engagement with your team.

** Introductory offer discounted from full price EURO 1,500.*

€600
per participant

We'd be happy to explore options for **scale** and **customisation**.

Get In Touch

Together, we're inspiring and empowering women to become the leaders of tomorrow.



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<https://completeyou.ie/>



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