

John Byrne is a talented Coach who works with a small number of interesting, authentic and committed clients who are looking to take things to another level in *their life*.



In 2004, after a seventeen year career in financial services, working for large corporations (*including Irish Life, AIB, De Lage Landen (Rabobank) & Depfa*) and graduating with a Commerce degree from UCD and a Finance Masters from DCU, John decided it was time for a change. With a passion for enterprise and people, John started a business consultancy called *Saol Business Partners*, working with, and advising business owners of small and medium companies.

It was through that experience working with business owners that John quickly concluded that their success was as much to do (if not more) with their Mindset than their business strategies, and so began John's journey into the world of personal development and understanding why people do the things they do.

John trained in NLP (Neuro Linguistic Programming - best described as a training manual for the brain), Hypnosis, Life Coaching, Personality Patterns, Emotional Intelligence & Mediation) and began a Life Coaching practice called *Getbusyliving*, where he has coached hundreds of clients since 2008. Those clients literally came from all walks of life, from CEO's and Directors to young professionals, Mums, Dads and teenagers. This work centred around areas such as improving motivation, building confidence, goal achievement, improving communication and relationships (personal & professional).

These days, John prefers to work with a small number of ambitious and committed clients on a longer term basis, helping them take their goals and dreams to another level.

John describes his coaching approach as direct, pragmatic, humourous, passionate, empathetic and above all results driven. His great strength is his ability to connect very effectively with his clients in an authentic way, allowing him to get to the heart of the matter.

John lives in Malahide with his wife and four beautiful daughters.

John's Mantra - ***Getbusyliving*** - *what else could it be!!*

John can be contacted at john@mindcoach.ie for enquiries about one to one coaching, personal development speaking engagements and media contributions.

John's personal development blog can be found at www.getbusyliving.ie

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