



## Breda McCague

### Empowerment & Transformational Specialist

*"Awarded the Woman of the Year title in the Women in Finance Ireland Awards for 2021"*

Breda McCague is an Empowerment and Transformational Specialist. With over 20 years in the Reserve Defence Forces, Breda's military training and coaching expertise culminates in a style that reignites, illuminates, empowers and resets focus.

#### TOPICS:

- Transforming People & Teams
- Equality
- Business Transformation
- Social Media & Digital Communications

#### LANGUAGES:

She presents in English.

#### IN DETAIL:

Breda is passionate about the nature of her work and is determined to ensure an even playing field exists for everyone to take control of their own career path. Breda co-founded the Lean-In Ireland community and has co-chaired the organisation since its launch in 2017. During a period in her life Breda underwent some difficult life experiences which forced her to study human behaviour. She found her research so insightful that she then educated herself in the area of emotional intelligence, the subconscious mind and the art of Self Mastery and Mind Mastery. She then became an accredited ECR coach in Emotional Intelligence and she now uses both her personal experiences and her observations of the behavioural patterns she sees across the thousands of people she has also coached to motivate others.

#### WHAT SHE OFFERS YOU:

An extraordinary Motivator, Empowering Transformational Specialist, Breda applies her fabulously grounded style of presenting to groups and individuals, driving them to find new appetites for change and awesome outcomes for their career progression & life goals.

#### HOW SHE PRESENTS:

Breda is on a mission to teach and inspire others on how to understand themselves better. Her professional speaking style is focused and very driven, but her entertainment style in parallel is often a lot of fun.