

# Specialised Skills



Anna's qualifications, training and experience provide the foundation to her approach. Here is a brief overview of the specialised skills and services that Anna can offer

Anna McMahon, wellbeing consultant & coach...

- provides psychological coaching for individuals, teams and groups which facilitates learning & development for the enhancement of wellbeing.
- designs, produces and facilitates evidence-based Wellbeing & Mental Health Workshops.
- is qualified to conduct wellbeing assessments & produce reports.
- supports the development of wellbeing programmes, mental health & wellness services.
- facilitates teams and groups to build collaboration and consensus on collective tasks and projects.