



## EMMA KEOGH

Emma spent over twenty-five successful years in senior leadership and consultancy roles in multinationals in Ireland, Australia, and Monaco.

During her time at PayPal, Emma qualified as an Executive Coach. Following a bereavement in 2017, Emma left the corporate world and established her executive coaching business. She also achieved a lifetime entrepreneurial goal as the Founder of the award-winning Simplicité Skin Clinic.

Emma uses psychometric tools such as EQI (Emotional Intelligence) and Wraw (Workplace Resilience and Wellbeing) and works with individuals and leaders to build resilience. Emma won Network Kildare 2018 Businesswoman of the Year and was a finalist at National Level.

Emma is currently engaged in several large Wraw Programmes in organisations across Ireland and the UK. Case study data available upon request.



Personally, Wraw has given me the toolkit to take control of building and supporting my own resilience through challenging times. It is a very practical approach with simple ways to improve resilience, so no excuses! Also, having a common language (Wraw) with the team really does bring wellbeing to the front of mind.

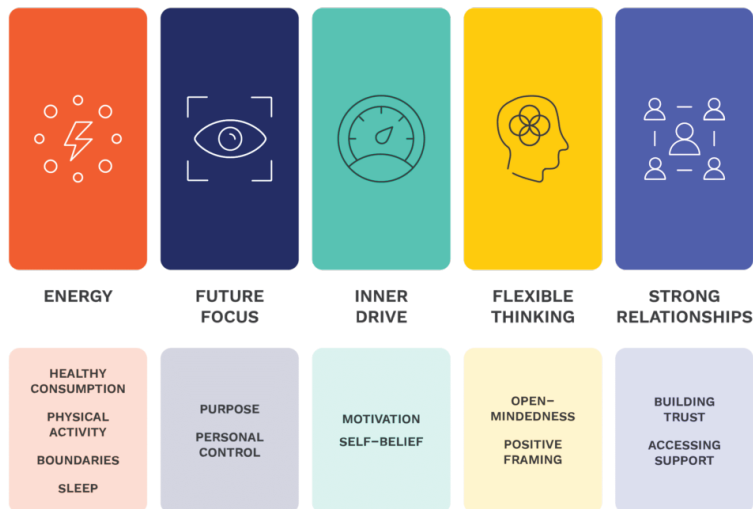


## What Is Wraw?

Wraw is a psychometric measure of work place resilience and its impact on wellbeing for working people.

Deloitte 2020: The average ROI on investment of workplace mental health interventions is 5:1

### THE 5 PILLARS OF RESILIENCE



### Wraw Programmes





## THE RESILIENT YOU WHAT'S INVOLVED?



### THE RESILIENT YOU

The Resilient You programme is designed to educate, empower and inspire individuals to discover and maximise their own levels of resilience.



### QUESTIONNAIRE

Individuals complete a 15 minute questionnaire.



### WRAP REPORT

Individual is provided with a Wrap report that outlines their current level of resilience across 5 key pillars during a coaching session.



### FOLLOW UP

1-1 Coaching recommended



### RETEST

Following coaching, a retest (new questionnaire) usually takes place to measure changes.



Pilot result for a General Manager :  
The resilience score for this team increased by more than  
15% over a 9-month period following the resilience  
coaching programme.



## THE RESILIENT TEAM WHAT'S INVOLVED?



### THE RESILIENT TEAM

The Resilient Team programme is designed to understand the resilience of a team, the benefits of creating a healthy culture and to agree collective actions to proactively support healthy high performance.



### TEAM REPORT

Team Report includes the results of all Individuals within a team as an average (results are anonymous). Allows you to identify strengths and areas of development.



### TEAM SESSION

A team session takes place to review and share results. Sustainable changes are agreed. Further sessions can take place to review progress.



### RETEST

Organisations typically retest team scores following team coaching interventions.

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Pilot result for a site senior leadership team (10 leaders):  
The resilience score for this team increased by over 15% over a  
9-month period following the resilience coaching programme.



## THE RESILIENT LEADER WHAT'S INVOLVED?



### THE RESILIENT LEADER

The Resilient Leader programme is designed to build Leader resilience through modeling, wellbeing conversations and how to lead others to better resilience.



### EMPLOYEE INSIGHTS

Generated by asking individuals who are line managed by a particular leader for their view on how their line manager actively supports their resilience and wellbeing.



### EVALUATING LEADERSHIP

Offers valuable insight into how effective a particular leader is in building a safe and supportive working environment.



### OVERVIEW

Gives an overview of the pressure points currently impacting negatively on wellbeing and resilience.



### EMPLOYEE WELLBEING

22% of an individual's wellbeing can be accounted for by the extent to which their manager supports and role models good practice around resilience and wellbeing.

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Pilot result for a Senior Leader:

This leader's team scored this Leader 50% more favourable on how this Leader actively supported their resilience and wellbeing through role modeling and good practice following the resilience coaching programme.



## How To Get Started

1

### ORGANISE

Organise a Wraw Overview session with Emma.

2

### IDENTIFY

Identify a pilot team who may be going through a period of change or have been through a period of intense change.

3

### AGREE

Agree Scope of Work and road-map. Will this include:

**THE RESILIENT YOU  
THE RESILIENT TEAM  
THE RESILIENT LEADER  
RETEST**

## HOW TO GET IN TOUCH



### EMAIL

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### LINKED IN

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### MOBILE

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## QUALIFICATIONS

Executive Coach,  
EQI Practitioner,  
Wraw Master Practitioner,  
Nutrition & Lifestyle Coach, IHS