PROFESSIONAL PROFILE | CATHERINE WATSON

Workplace wellbeing consultant, coach and experienced facilitator with a distinctive combination of organisational performance, business leadership, education and holistic wellbeing experience. Designs and facilitates engaging workshops and coaching experiences that help individuals and teams explore behaviour, strengthen self-awareness, improve communication and build practical habits for sustainable performance. Holds a Grade 9 Diploma in Workplace Wellness from Trinity Business School, is a qualified secondary school teacher and Laughter Yoga Coach, and brings substantial experience working with clients, teams and groups.

WORKSHOP & SESSION OFFERINGS

The High Performer Trap – Behavioural Architecture Under Pressure — Interactive workshop exploring how habits, automatic behaviours and pressure influence decisions, communication and performance.

The Workplace Wellbeing Reset — Practical exploration of wellbeing, energy management, stress awareness and everyday habits that support sustainable working lives.

Breaking the Pattern – Understanding the Behaviours That Hold Us Back — Personal development session focused on behavioural patterns, limiting beliefs, self-awareness and practical steps towards change.

Team Connection – Communication, Behaviour & Collaboration — Facilitated team experience exploring communication styles, behavioural differences and ways to strengthen working relationships.

Laughter, Connection & Wellbeing — Uplifting Laughter Yoga experience using playful exercises, movement and breathing to encourage connection and shared enjoyment.

The Power of the Pause – Guided Breathwork & Reset — Guided breathing and relaxation session introducing accessible techniques for mindful pauses and self-regulation, within scope of training.

PROFESSIONAL EXPERIENCE

Founder & Workplace Wellbeing Consultant | *Holistic Wellbeing by Catherine* | *2025–Present*

• Designs and facilitates workplace wellbeing workshops, coaching experiences and personal development programmes for individuals and organisations.

• Facilitates and coaches performance and wellbeing programmes, supporting individuals and teams to examine behaviours, develop self-awareness and apply practical strategies to performance and working life.

• Tailors session content to client needs, combining reflection, discussion and experiential activities.

National Business Development Manager – Ireland | *InstaVolt* | *Jan 2024–Dec 2025*

• Coordinated approximately 90 infrastructure projects, working across sales, design, operations, legal and external stakeholders.

• Supported a major programme involving McDonald's across 55 locations, coordinating multiple parties and delivery requirements.

• Managed competing priorities, project risks, quality assurance, budgets and compliance; prepared monthly performance reporting for senior leadership.

• Developed commercial relationships and negotiated with stakeholders in a complex, fast-moving environment.

Founder & Managing Director | *Catherine Watson Real Estate Group, San Francisco* | *Jan 2016–Nov 2023*

• Built and led a residential real estate business generating more than $100 million in property sales; managed a five-person team.

• Led the full client journey, including business development, relationship management, negotiation and transaction completion.

• Developed the business brand, marketing strategy and promotional content, building a strong referral network and premium client experience.

• Achieved Top 5% agent performance and 21 Club recognition.

HUGG Ireland – Volunteer Facilitator: Facilitated group sessions and contributed a Wellbeing Operating Plan (2025–2029), subsequently implemented by the organisation.

QUALIFICATIONS & PROFESSIONAL DEVELOPMENT

• Grade 9 Diploma in Workplace Wellness – Trinity Business School

• Professional Diploma in Education – National University of Ireland, Galway (NUIG), Grade 1:1

• Bachelor of Arts – National University of Ireland, Galway (NUIG)

• Holistic Coach & Mind-Body Practitioner – IPHM

• Laughter Yoga Coach

• Life Coaching training – Mind Body Food Institute

• Trauma-informed breathwork training – in progress (update if completed)

ADDITIONAL SKILLS

Workshop design and facilitation • Group coaching • Behavioural change • Presentation and public speaking • Client relationship management • Team development • Salesforce CRM • Power BI • Microsoft Office • Toastmasters