

Get To Know Emmet.

LET ME
INTRODUCE MYSELF.



Emmet Quigley
HEALTH & WELLNESS COACH

WWW.EMMETQUIGLEY.COM

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About Me.

Hello, I'm Emmet.

I live in the County Louth area, of Ireland.

I am a Qualified Health and Wellness Coach and Mental Health Nurse (RPN)

I started My Online Coaching Practice, in the Summer of 2021.

Before taking my career change in 2021, I practiced as a Registered Mental Health Nurse (RPN) for over 20 Years.

I hold a great passion for promoting mental health and holistic well-being.

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HEALTH & WELLNESS COACH

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My Professional Education & Training.

(September 2018 - June 2020)
Post Graduate Higher Diploma in
Applied Health and Wellness Coaching.
Accredited By; University of Galway.

(September 2004 - June 2005)
Post Graduate Higher Diploma
in Adult Mental Health Nursing.

(September 2000 - May 2003)
Post Graduate BSc in Nursing Studies.

(October 1996 - December 1999)
Certificate in Psychiatric Nursing -
Registered Psychiatric Nurse (RPN).





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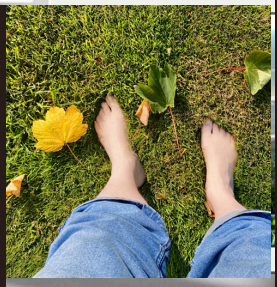
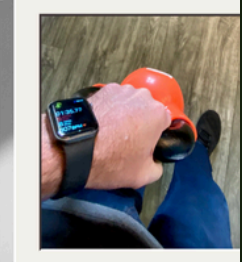
Online Health & Wellness Coaching.
www.emmetquigley.com



Get to Know More About Me 😊

Emmet Quigley
HEALTH & WELLNESS COACH

My Wellness Habits
and Things That Make
My Heart Sing;



Becoming a Health & Wellness Coach.

During 2018, I became curious about wellness, health promotion and working with a person, for healthy habit behaviour change action.

I undertook a Two Year Post Graduate Higher Diploma Training Course, in Applied Health and Wellness Coaching.

I achieved this Award, from;
The University of Galway; in 2020.

I enjoy ongoing coaching practice development, and I bring my skills and personality, to coach with each client.

My Journey as a Health & Wellness Coach.

Between 2018 and 2020, I had significant upheaval and distress in my mental, physical, emotional and social well-being.

I realised, I did not have the stress management, emotional regulation and self-care habits, to cope with significant change in my physical health, personal relationships, life-work harmony, the death of two family members and Covid-19 impacts. I was merely surviving, and far from thriving.

December 2020, found me experiencing "Burnout" with vastly reduced well-being.

My Journey as a Health & Wellness Coach.

Springtime 2021, was a turning point for me. I started making and taking proactive intentional lifestyle habit change action, and I really liked the well-being results!

I felt a sense of purpose to empower others to improve their well-being and life-satisfaction. I began working as a Health and Wellness Coach.

My Coaching Focus; is helping midlife adults, prevent burnout, transform their mental fitness, and strive towards achieving improved overall well-being.

LINK IN BIO!






Emmet Quigley
HEALTH & WELLNESS COACH



 **ICF**
International Coach Federation

Ireland/Éire
Charter Chapter

-  Empowering midlife adults to thrive, not just survive.
-  Build mental and emotional well-being self-care habits.
-  Ready to transform your mental fitness? Let's get started!

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