

# ST. CONLETH'S COLLEGE

Senior School Parents' Association

## *'Supporting Young People's Emotional Wellbeing, Why it Matters'*

with

**Val Mullally MA**

**Date:** Monday 15th October 2012

**Time:** 7.45pm (7.30pm for the AGM)

**Venue:** Conference Room



Val has appeared on national television, radio and the internet to discuss the Koemba approach and provide her unique blend of coaching, relationships skills and parenting wisdom to inspire parents to create the sustainable change they desire within

their families. She has appeared as a motivational

speaker at national and international confer-

ences. She is a published author on working with

children and has produced a series of audio

resources on parenting. Val Mullally holds a

Masters in Holistic Development, conferred by

Dublin City University, and she is also trained in Imago Relationship

Theory. She is accredited as a Coach with the Association of Coaching

and her areas of expertise in this field includes Life, Parent, Relationship

and Emotional Resilience Coaching. She is also an experienced Early

Educator and is a trained Síolta facilitator. She is the founder and

CEO of Koemba.



**FOR FURTHER  
DETAILS:**

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