



Caroline Currid

As a leading Performance Psychologist, Caroline Currid has created a legacy by enabling elite sports and business people to achieve unprecedented results. Caroline achieved an honours degree in Computer Programming and began a career in MBNA Credit Card Company but her passion for sport led her to study Psychology through Open University and go on to achieve an MSC in Sport Psychology through Ulster University. With the huge correlation between sport and business performance and success, Caroline went on to complete an MBA in University College Cork. Caroline also achieved a Diploma in Executive Coaching, is accredited in Insights Discovery and the B5-Plus Personality Preference Inventory and is a Master Practitioner in NLP.

Combined with her common sense approach and simple philosophy, Caroline has achieved ground breaking results working across a range of industries globally including Pharmaceutical, Energy, Aviation, Engineering, Telecom, Technology, Financial, Insurance and Recruitment. Her results within Sporting Organisations have also set her apart from others in her field of expertise and she has become one of the most sought after ladies in Performance Psychology. Some of the teams and individuals she has worked with are:

- Rugby Lions Captain, Paul O'Connell
- Gold Medal winning members of the Kenyan Olympic team
- All-Ireland GAA Football Championship winners Tyrone (2008) and Dublin (2010 & 2011)
- All-Ireland GAA Hurling Championship winners Limerick (2018) and Tipperary (2010)
- Genzyme (Ireland and USA) – Global Leadership Teams
- InterGen (USA and Australia) – Corporate Senior Leadership Team
- Atlantic Aviation, Stryker, Lotus Technical Services, Berkley Group, Eircom, O2, Acorn Life, Chill Insurance, Teva Pharmaceuticals, Bank of Ireland, AIB, Doran & Minehane, Musgrave, Irish Life, Alkermes, AstraZenca.

An expert specialising in performance psychology, Caroline uses her unique insights to enable organisations, teams and individuals to achieve results that require a change in human behaviour. She delivers very inspiring master classes in the fundamentals needed to embed a high performing culture within any organization and her approach to tailoring specific programmes to suit the needs of her client helps to enable high performing teams and individuals to deliver to their full potential.

Over the last decade, Caroline has carried out research with some of the world's highest performing organisations, teams and individuals. Through this research she has gained unique insights into the common performance fundamentals that are enabling these organisations and teams to achieve unprecedented performance levels on a consistent basis.

Caroline's unique Performance Research includes case studies on:

- All Blacks Rugby Team of New Zealand;
- The World's Fastest Man, Usain Bolt;
- Global Leading Horse Racing Trainer, Aidan O'Brien;
- New York City Fire Department;
- NYPD (New York City Police Department);
- Human Performance Institute, Florida;
- IMG Sports Academy, Florida; Apple;
- Kenyan Olympic Athletes;
- Munster Rugby