

Breaking Through Your Inner Glass Ceiling

a powerful program with
Pascale Kavanagh M.A., AADP
International Speaker, Author, Resilience Coach

- 🌸 Access your highest levels of focus and potential.
- 🌸 Release your internal roadblocks to success.
- 🌸 Gain clarity and momentum towards your goals.

Whether in customized workshops or keynotes,
with intimate groups or for company-wide audiences,
I offer tools and techniques to shatter self-imposed ceilings
and revitalize each individual's productivity, fulfillment, and flow.



BOLD SOUL
COACHING | Resilience training for
HIGH ACHIEVERS

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Hi, My name is Pascale Kavanagh.

I specialize in working with high-achievers who are in need of a deep dive – to strengthen their resilience and transform their setbacks into the seeds of success.

Prior to doing this work, I was an MIT-trained engineer and biotechnology executive who spent over 15 years in the corporate world before becoming an entrepreneur, author, and elite-level coach.



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