**Conference Paper Title:**  Psychologically Minded Coaching and Disability

**Abstract:**

In this session, I will share how my experience over 30 years in field of disability met with Coaching and Coaching Psychology on the UCC Higher Diploma programme. As an adult learner, this was an awakening experience at both a personal and professional level.

Reflecting on this life experience of integrating coaching to my domain of passion and expertise, this presentation will outline the challenges encountered and benefits observed in using psychologically minded coaching approaches/tools to enhance the life experience of people with diverse abilities and disabilities. What are the lessons drawn from the practical application of that experience and learning and is there scope to embed Coaching Psychology and Coaching, as an intervention within the support framework for people with disabilities?