

Ifalase McGowan

Ifalase is a dynamic coach, inspiring speaker, and skilled facilitator with 15+ years of leadership experience in Talent, Coach & Leadership Development across industries including Finance, Law, FinTech, Fashion, and Retail. She specialises in catalysing transformative behavioural change for individuals and enterprises.

As an ICF Professional Certified Coach with 500+ coaching hours, Ifalase excels in anxiety relief, somatic awareness, and holistic well-being. Her expertise in self-awareness, confidence, and leadership resonates with professionals in finance, law, and technology.

With a toolkit encompassing NLP Practitioner training, Yoga & Meditation teaching, Advanced EFT, Reiki Mastery, Mental Health First Aid, and Action Learning facilitation, Ifalase empowers clients for lasting behavioural transformation and holistic well-being.

