



THEATRE SKILLS FOR BUSINESS

BUSINESS
MEETS
PERFORMANCE



TEAM WORKSHOPS FROM €1,500

CHERYL WALSH

Corporate consultant & actor

GOONSO.IE · HELLO@GOONSO.IE

WHAT WE WORK ON

PRESENTATIONS THAT LAND

Structure a memorable message and deliver it without hiding behind slides.

DIFFICULT CONVERSATIONS

Rehearse feedback, conflict and high-stakes conversations through realistic role-play.

EXECUTIVE PRESENCE

Hold a room, chair a meeting and speak with authority in person or on camera.

LEADING WITH INFLUENCE

Build trust, read the room and move people towards action.

EFFECTIVE COMMUNICATION

Use voice, body language and clear intention to make the message understood.

CONFIDENCE

Build a credible, grounded delivery style that still feels like you.

PRESENCE UNDER PRESSURE

Stay clear and composed during pitches, negotiations and challenging meetings.

THINKING ON YOUR FEET

Use performance and improvisation tools to handle unexpected questions with clarity.

WHO THIS IS FOR

- Founders building and leading growing businesses
- Managing directors communicating strategy and change
- Managers leading people and handling difficult conversations
- HR and people teams navigating sensitive conversations and change
- CEOs, COOs and senior leaders presenting to boards and investors
- Customer success and account management teams

WE CAN COME TO YOU

We deliver at your workplace across Munster and throughout Ireland. For larger organisations, we train groups of 15 across as many sessions as your team needs. Travel outside Cork is agreed in your quote.

PICK YOUR PACKAGE

Team workshops are priced per group, delivered at your workplace or our Cork studio.

HALF-DAY TEAM WORKSHOP

€1,500 per group

UP TO 8 PARTICIPANTS

Additional participants: €125 each

A focused half day on one topic — presentations, difficult conversations or thinking on your feet — built around your team's real work.

MOST BOOKED

FULL-DAY TEAM WORKSHOP

€2,750 per group

UP TO 10 PARTICIPANTS

Additional participants: €175 each

A full day to go deeper: warm-up, technique, real scenarios, replay and individual feedback for everyone in the room.

EXECUTIVE 1:1 SESSION

€295

90-MINUTE PRIVATE SESSION

For leaders, managers, founders and professionals who want focused work on presentation, communication, executive presence, confidence or high-stakes speaking.

EXECUTIVE COACHING PACKAGE

€795

THREE PRIVATE SESSIONS

For ongoing development, or preparing for an important presentation, leadership challenge or communication goal.

Workshop topics: Presentations That Land · Executive Presence · Difficult Conversations · Thinking on Your Feet.

Bespoke programmes for larger teams are quoted separately — tell us what your people need and we'll build the right session.

WHO'S BEHIND IT



CHERYL WALSH

CORPORATE CONSULTANT · ACTOR

Cheryl is a rare blend of corporate consultant and actor. She understands how business actually works — and how voice, presence, listening and performance change what happens in the room.

She spent six years at Expensify (NASDAQ: EXFY), helping scale Customer Success through IPO and leading operations and a global team across three continents. Today, through Loyalty, she works with leaders at every level — founders, managing directors, managers and the teams they lead.

Her background spans sales, account management, customer success, retention consulting and postgraduate psychology training at the University of Adelaide. She trained as an actor at 16th Street Actors Studio in Melbourne and has appeared in professional theatre and commercials in Ireland and Australia.

That unusual combination of commercial credibility paired with acting and performance techniques is rare in facilitators. Cheryl helps leaders build presence, influence and the confidence to communicate clearly when it matters most.

LOYALTY

CHERYL ON LINKEDIN

BOOK A SESSION

EMAIL hello@goonso.ie

WEBSITE goonso.ie

STUDIO Unit B, C3, First Floor, Donnybrook Commercial Centre, Douglas, Cork, T12 APN7

ON-SITE Available across Ireland — travel outside Cork agreed in your quote

BUSINESS EXPERIENCE. PERFORMANCE EXPERTISE.

Acting classes · studio hire · theatre skills for business