



Hi! I'm Nayla Mitha.

I'm an Executive & Leadership Coach, Facilitator, and Guest Speaker.

I've worked in the fields of leadership, communication, and conflict resolution for over 15 years now, in the private and public sectors and in various countries across the world.

I'm an Associate Certified Coach with the International Coach Federation and a Certified Life Coach with the Martha Beck Institute. And in my previous career, I was a Chartered Mediator.

Over the course of my career, I've helped thousands of professionals like you learn how to level-up their leadership skills!

As a coach, my core values are transparency, authenticity, and openness. I coach with both backbone and heart. My ultimate goal is to support you and hold you accountable through the coaching process so that you can reach your goals.

How did I end up in this line of work? Great question!

When I entered the workforce as a bright-eyed, bushy tailed young lawyer, I realized that I was terrified of having difficult conversations... and I knew that my career would be limited if this didn't change.

So I made a serious commitment to improve my leadership skills and saw incredible results:

- Ongoing issues were resolved once and for all!
- I had more energy to focus on my work!
- My relationships even improved significantly!

I eventually couldn't help but share what I learned with others because we waste so much of our precious time and energy avoiding issues or using ineffective strategies to deal with them.

Learning how to improve your leadership, communication, and conflict resolution skills is relatively simple... implementing these skills in real life is a bit more of a challenge. But it can be done and I have a knack (and a lot of passion!) for helping people with this.

With my incisive questions, practical tips, and step-by-step strategies, I can help you develop the skills required to say what's on your mind without sacrificing your relationships.

Looking forward to working with you!

Warmly,

Nayla

Nayla Mitha, ACC

Executive & Leadership Coach | Facilitator | Guest Speaker