



NAYLA MITHA, LL.B., ACC

EXECUTIVE, LEADERSHIP & LIFE COACH |
FACILITATOR | GUEST SPEAKER

OBJECTIVE

To coach and train executives, managers, and professionals who are looking to develop their leadership skills.

SKILLS & ABILITIES

Leadership Development ·
Coaching · Conflict Resolution ·
Workshop Facilitation ·
Interpersonal Communication ·
Relationship Building · Creative
and Critical Thinking

BILINGUAL

Fluent in French

VITALS

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SELECTED EXPERIENCE**NAYLA'S CORNER – EXECUTIVE, LEADERSHIP & LIFE COACH | FACILITATOR | GUEST SPEAKER**

MAY 2017 - PRESENT

Coach and train executives, managers, and professionals who are looking to develop their leadership skills, particularly when dealing with difficult situations at work and in life. I help my clients go from feeling stuck and unsure to clear and confident so that they can ultimately experience less stress and more joy in their lives.

HEALTH CANADA, OMBUDSMAN, INTEGRITY, AND RESOLUTION OFFICE – SENIOR CONFLICT MANAGEMENT PRACTITIONER

SEPTEMBER 2009 – OCTOBER 2018

Provided a wide range of services to executives, managers, and professionals, including individual coaching and peer coaching circles, mediations, group interventions, and training on coaching, communication, and conflict resolution.

CITY OF OTTAWA – HUMAN RIGHTS CONSULTANT

JULY 2008 - SEPTEMBER 2009

Investigated discrimination and harassment complaints and delivered human rights training to managers and employees. Mediated complaints when an investigation was not appropriate.

STITT FELD HANDY GROUP – ALTERNATIVE DISPUTE RESOLUTION SPECIALIST

FEBRUARY 2006 - JUNE 2008

Designed and delivered training on negotiation, mediation, and having difficult conversation in Canada, Ireland, Ethiopia, and the Caribbean.

PROSECUTIONS LIAISON – COLLEGE OF NURSES OF ONTARIO

JUNE 2005 – FEBRUARY 2006

Assisted with the investigation and prosecution of nurses who were alleged to have contravened the College's Standards of Practice.

IMPACT

“Working with Nayla has increased my confidence as a supervisor and given me great new ideas about how to approach difficult situations so that I can achieve better outcomes. I’m now much more able to tackle difficult conversations head on instead of avoiding them.” – Anna Wong, Senior Policy Associate, W. Haywood Burns Institute

“Nayla is a very supportive and encouraging facilitator. She did an excellent job of course-correcting us during the coaching circle to help us stay on track and ensure that we integrated the coaching skills. She has a wonderful way of providing feedback that doesn’t make you feel judged and that actually inspires you to progress.” – Liz Green, Ghostwriter, Green Goose Ghostwriting

“As a director, I have an extremely busy job. After working with Nayla, I feel more in control of myself and more organized. I have moved from a state of disconnection to a more structured place that I had always wanted to achieve. Nayla was great at helping me figure out what steps I needed to take to become more productive and at the same time feel calmer.” – April Chavez, Director of Financial Aid, Clovis Community College

EDUCATION

OSGOODE HALL LAW SCHOOL, BACHELOR OF LAWS CONFERRED IN 2001

Recipient of the Sibley Righton Prize in Taxation Law and the Scotiabank Group Prize in the law of Trusts.

MCGILL UNIVERSITY, BACHELOR OF ARTS CONFERRED WITH DISTINCTION IN 1998

Major in Sociology and Minor in International Development.

COMMUNICATION

Coach and train executives, managers, and professionals to exercise their leadership skills in situations with high stakes, strong emotions, and different opinions. Through my coaching programs, my clients learn how to foster team harmony without sacrificing their needs or the work that needs to get done.

LEADERSHIP

Spearheaded the coaching initiatives at Health Canada, including the development, facilitation, and project management of a Peer Coaching Circle Program (live and virtual formats) and the facilitation of coaching workshops for managers and employees.

VOLUNTEER EXPERIENCE

St. Stephen’s Conflict Resolution Services – Mediator
(September 2003 - June 2008)

Conducted workplace, restorative justice, and community mediations. Supervised and mentored new mediators.

CERTIFICATIONS

Associate Certified Coach (International Coach Federation)

Certified Life Coach (Martha Beck Inc.)

Certified Human Systems Dynamics Professional (HSD Institute)

Conflict Dynamics Profile-I® and the Conflict Dynamics Profile-360® (Mediation Training Institute, Eckerd College)

EQ-i 2.0 and the EQ-360 (MHS)