



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.

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.

My life coach training is foundational to the work that I do because helping people shift their approach to situations in the workplace requires MUCH more than simply learning new strategies.

Personal growth and development makes us become a different person... the person we are meant to be. In essence, every next level of your life will demand a different version of you. I help my clients find the answers to key life-changing questions so that they can evolve to their next level.

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 dealing with difficult situations... 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.

I've helped thousands of people like you level-up their leadership skills by learning how to focus on their deepest hopes and desires and taking action in alignment with them. With my incisive questions, practical tips, and step-by-step strategies, I can help you grow into the amazing executive, manager, or professional that somewhere deep inside you already know you can be.

Looking forward to working with you!

Warmly,

Nayla

Nayla Mitha, LL.B., ACC

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