



Nayla Mitha

Executive, Leadership & Life Coach | Facilitator | Guest Speaker

Nayla's professional background includes over 15 years of experience in coaching, leadership development, and interpersonal and organizational conflict resolution. Nayla specializes in helping and leaders build high performing teams with healthy interpersonal relationships. She is a lawyer by profession and prior to beginning her journey as a full-time coach and facilitator, she worked primarily as a mediator, helping clients in both the private and public sectors learn how to have difficult conversations more effectively and find win-win solutions to ongoing workplace issues.

Nayla is an Associate Certified Coach (ACC) with the International Coach Federation, a Certified Life Coach with the Martha Beck Institute, and a Certified Human Systems Dynamics Professional with the HSD Institute. Nayla coaches with both backbone and heart. She leverages her unique background to help clients gently stretch out of their comfort zones so that they can reach their full potential. Nayla has helped leaders across all levels learn how to get the best out of the people they work with, effectively address workplace issues, and inspire those they lead to go further.

Nayla actively contributes her knowledge, skills, and experience to various communities. She spent over 5 years of volunteering as a community mediator, where she helped neighbours resolve ongoing disputes. She also volunteered as a restorative justice mediator. In that role, she helped young offenders find meaningful ways to repair the harm that had been caused as an alternative to going through the criminal justice system. Nayla has been published by Tiny Buddha, was a guest speaker at the Be-YOU-tiful Women's Expo in Ottawa, and has been featured as a leadership expert on The Bolder Podcast.

Nayla holds a Law Degree from Osgoode Hall Law School and a Bachelor of Arts degree in Sociology with a minor in International Development from McGill University. She also has a Graduate Certificate in Workplace & Adult Learning from the University of Calgary. She is certified to administer the EQ-I and EQ-360 (emotional intelligence inventories) and the Conflict Dynamics Profile (both individual and 360 formats).