
NAYLA MITHA, LEADERSHIP COACH & FACILITATOR

Nayla's professional background includes over 15 years of experience in coaching, leadership development, and interpersonal and organizational conflict resolution. She specializes in helping women leaders break free from self-doubt so that they can step into their full potential at work.

Nayla also specializes in helping organizations build high performing teams with healthy interpersonal relationships. She is a lawyer by profession and before opening her own business as a Leadership Coach and Facilitator, she worked primarily as a workplace mediator.

Nayla is a Professional Certified Coach (PCC) with the International Coaching Federation, a Certified Resilience Coach, and a Certified Human Systems Dynamics Professional with the HSD Institute.

She actively contributes her knowledge, skills, and experience to various communities and spent over 5 years volunteering as a community and restorative justice mediator. She has been published by Tiny Buddha, was a guest speaker at the BeYOUtiful Women's Expo in Ottawa, and has been featured as a leadership expert on The BolderPodcast.

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 holds a Graduate Certificate in Workplace & Adult Learning from the University of Calgary.

She is certified to administer the EQ-I and EQ-360 (an inventory designed to help leaders and professionals improve their emotional intelligence) and the Conflict Dynamics Profile (an inventory designed to help leaders and professionals optimize the way they handle conflict in the workplace).

As a Coach & Facilitator, Nayla leverages her unique background to help clients gently stretch out of their comfort zones so that they can break free from the internal limitations that are holding them back in their professional lives.



PROFESSIONAL TRAINING

Advanced Alternative Dispute Resolution - Stitt Feld Handy Group

Assessing and Managing Unresolvable Problems: The Power of Polarity Management in the Workplace - Facilitated Solutions

Certificate in Dispute Resolution - York University

Certificate in Interpersonal Mediation - St. Stephen's Conflict Resolution Services

Certified Resilience Coach Program - Leadership Wellness Group

Coach Approach to Leadership Series - Coaching Out of the Box

Conflict Coaching Workshop - Cinergy

Conflict Dynamics Profile-I and Conflict Dynamics Profile-360 Certified - Mediation Training Institute, Eckerd College

Design Thinking - Feel, Think, Imagine, Build, Test - University of Ottawa

EQ-i 2.0 and EQ-360 (MHS) Certified - The Emotional Intelligence Training Company Inc.

Graduate Certificate in Workplace and Adult Learning - University of Calgary

Human Systems Dynamics Professional Certification - Human Systems Dynamics Institute

Intervening in Complex Conflict - Human Systems Dynamics Institute

Intervening in Group Conflict - Canadian Institute for Conflict Resolution

Leading Group Assessments and Interventions - Facilitated Solutions

Mediation in Cultural Contexts - All Cultures Conflict Resolution

Martha Beck Life Coach Training - Martha Beck Institute

The Guided Meditation Framework - Heather Hayward

The Science & Practice of Coaching Abrasive Executives - The Boss Whispering Institute