



BIOGRAPHY

Lainey Mitchell

Lainey Mitchell specialises in supporting businesses to improve their organisational effectiveness through both individual and team coaching. Using highly developed listening skills, advanced questioning techniques and a wide range of practical development tools, she works to help individuals and teams increase their performance and be the best they aspire to be.

Lainey has worked as a Consultant with The NEC Group, GE Aviation, Chello Media, Channel 4, Xn Leisure, City and Guilds, The Economist, TOTAL UK, and The Walt Disney Company.

She is an accredited coach through the Henley Management College and also a CIPD graduate. With 12 years of HR generalist experience prior to becoming a Training and Development Consultant; Lainey has a wealth of knowledge and experience of individual and team development and an extensive insight into a wide range of business cultures and diverse employee populations. She is accredited in Emotional Competency Intelligence (ECI), and is also an MBTI qualified practitioner and an accredited Facilitator for "Insights" Development programme and for the Disney Mentor "Inspire" programme.

Lainey's philosophy to coaching is to provide a unique and highly personalised learning opportunity for an individual to identify and attain their true potential. Through clear goal setting, active listening, and a non-judgmental mind set, she explores and challenges individual thinking, and has clients build on their past successes to enable the individual to find solutions within themselves which supports them in obtaining the best from their talents and passions..

Lainey has a warm, positive and practical approach. One of her greatest strengths is building rapport and to quickly be able to put people at ease and create a safe and productive learning environment. Her working career began with Marks and Spencer's on their graduate training scheme where she worked as HR Manager in various stores within the UK. She subsequently joined the dot.com industry at the height of the dot com boom becoming Head of HR for Urbanfetch.com. She then moved to The Walt Disney Limited operating as HR Director at a pan European level before becoming a Training and Development Consultant.