

## Lainey Mitchell

Lainey has a wealth of knowledge and experience of individual and team development. With 12 years of HR experience in Retail, Media, Leisure and Technology sectors both in a corporate capacity and as a consultant, Lainey has had extensive insight into a wide range of business cultures and diverse employee populations.

Using her strong client focus and combined creativity and flexibility, Lainey is able to deliver a tailored approach to suit each individual clients needs. Lainey has a warm, positive and practical approach one of her greatest strengths is building rapport and is quickly able to put people at their ease and create a safe and productive learning environment.

Lainey focuses on supporting businesses to improve their organisational effectiveness through Team and Leadership Development initiatives, as well as through one to one coaching

## Team Development

Based on the needs of the team and results required, Lainey provides a highly interactive team event or longer term team development programme building on the existing strengths of the team, delivering tangible and practical outputs to take back into the work environment. MBTI qualified, Lainey has used this tool effectively to focus on team dynamics, communication and change.

## Leadership Development

Through facilitation of senior level meetings and Leadership Development workshops Lainey supports Leaders on identifying their vision or ideal way of working, evaluating where they are at currently and identifying the key steps needed to help them reach their goals. Support can be delivered on a one to one or group level basis, or a combination of both.

## Coaching

Lainey is an accredited coach and believes that coaching allows individuals space and time to think. This, in typically fast paced and highly demanding working environments, proves to be a very powerful and much desired state and allows individuals to gain a personal insight into their current performance and identify opportunities for progression and change.

Highly developed listening skills and advanced questioning techniques are fundamental to Lainey's approach. Lainey draws from a wide variety of coaching tools tailored on the coaching objectives and individual needs of the coachee.

## Career History

Lainey's working career began with Marks and Spencer's on their graduate training scheme where she operated as HR Manager in various stores within the UK. Lainey subsequently joined the dot.com industry at the height of the dot com boom becoming Head of HR for Urbanfetch.com. Lainey then moved to The Walt Disney Limited operating as HR Director at a pan European level before becoming a Training and Development Consultant.

## Qualifications

- Henley Management College Coaching Certificate
- Accredited Emotional Competency Intelligence ( ECI )
- MBTI qualified practitioner
- Accredited Facilitator for "Insights" Development programme
- Accredited Mentor for Disney "Inspire" programme
- Graduate of Institute of Personnel Development

## For more information:

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