



## Sue Mitchell

**Inspiring speaker, author and executive coach (and former scientist and adventurer) who specialises in a mindset approach for resilience, wellbeing, inclusion and engagement**

Dr. Sue Mitchell is an international speaker, the author of “The Authority Guide to Engaging your People” and Director of Aeona, an award-winning leadership and executive coaching company that works with private clients and organisations to change lives, transform the workplace and harness the power of being purposeful.

## Sue's biography

Sue inspires people and organisations to achieve high performance and their desired results through developing a positive mindset and culture that raises confidence, resilience, [adaptability to change](#), engagement, wellbeing and fulfilment.

Event delegates comment on how they like Sue's energy and positivity in her events and how they have been inspired with new perspectives and ideas, as well as practical things they can do right away.

### **Examples of varied events Sue Mitchell has delivered**

- Designing and facilitating team / board visioning and strategic planning events – from one day events for 30+ people to three day retreats for smaller groups.
- Facilitating retreats with small groups and also up to 30 people, where the typical focus is on [leadership](#), confidence and/or resilience.
- Designing and delivering bespoke Masterclasses and interactive events on topics such as resilience, the power of positive, leadership styles, emotional intelligence, mental toughness, leadership mindset, executive coaching, wellbeing and much more.
- Speaking at scientific conferences and events, with audience sizes varying from 20 to 200 delegates in her event.
- Organising local events and conferences for various organisations (Women in Banking and Finance, Association for Coaching, British Sub Aqua Club) for audience sizes typically 20 – 100 people.

- Facilitating and leading instructor development events for the British Sub Aqua Club for events lasting 2 to 5 days around UK and overseas.

### **Sue Mitchell's Multicultural experience**

Sue grew up in Africa as her father worked in Land Use on foreign aid projects, living in Malawi until she was eight years old and also 3 years in Tanzania until she was 12.

After graduating from university, Sue led 3month expeditions in Western Samoa and Tonga where she worked with local government departments for the environment and fisheries to develop projects that would make a difference and provide useful data. Sue worked and volunteered on marine projects with local scientists in Australia, New Zealand, Indonesia and Zanzibar. She has also travelled widely particularly in Europe and South East Asia.

During her PhD and post-doc research in evolutionary ecology, Sue worked at universities in the UK and a Max Planck Institute in Germany and has given talks at conferences globally.

In September 2019, Sue founded the Edinburgh Hub for Women in [Sustainability](#), which aims to support a courageous community of women from all sectors to work for a better world and explore diverse perspectives on how to nurture and enhance sustainability for the environment and society and economies.

Sue's company, Aeona, works with a purpose to contribute to a sustainable future that is great for people, great for the planet and great for prosperity. Services include:

- Executive 121 Coaching
- Psychometric profiling
- Leadership Development
- Team Development
- Masterclasses
- Keynotes, Conferences, seminars, retreats and other events

## **Sue's talks**

- **Embracing Diversity to build trust, strong relationships and high performance**
- **Solutions Focus facilitation for overcoming issues hampering implementation of our objectives**

Where are we now?

Identify 'AS IS' – mid-term in the implementation of the strategy 2018-2021

- Identify objectives that are not yet achieved. Brief analysis to understand the barriers and issues and find instances when they were less of an issue.

Define ~~the future and celebrate achievements~~ **Recognise and celebrate achievements** so far and analyse what made them work well.

- Living the Strategic Vision – what does the endpoint in 2021 look like?

Create ~~the bridge from our current position to the strategic vision~~ **Re-bid the bridge from our current position to the strategic vision** taking into account what is at stake and external forces that both drive and restrain the management team.

Clearly understand what is at stake if there is no change and what happens when we succeed.

- Identify indicators and evidence of success, how we will recognise them, and who else needs to recognise them.
- What can we do more of that has worked well already?
- How can we make use of what we already have?

- What are the possibilities – past, present and future?
- What leadership activities are needed to inspire, motivate and engage our people and external stakeholders to make this happen?

- **The Power of Positive**

This fun, highly interactive masterclass gives your managers the essential ingredients to create the positive environment and 'can-do' culture for working successfully together and to create high performing teams themselves. It is ideal when your people could do with a burst of positive energy to revitalise a project or manage changes.

Working in pairs, small groups and as a whole team, we look at ways to build positive thinking and emotions into everyday life at work, making it easier to work more effectively together and raising wellbeing and engagement.

Evidence from neuroscience shows that feeling positive, and especially safe, unstressed and unthreatened, opens up access to the higher reasoning cognitive part of brain which leads to more creative thinking, inspiration, new ideas, solution finding, problem solving, focus and improved social interaction, all of which support higher performance at work. When you feel negative or stressed, your brain literally shuts down access to the cognitive areas of the brain, resulting in poor focus, feelings of overwhelm, interpersonal conflicts, inability to listen to different perspectives and poor decision making, all of which have a negative impact on performance and productivity.

- **Embracing Diversity: Raise Performance and Wellbeing**

- **Train your Brain to be Confident**

- **Success Mindset for innovation and performance**

- **Emotional Intelligence for greater effectiveness**