



About Helen Millar

Helen Millar believes that everyone has a wealth of unlocked potential that can be expanded when their authentic desire is ignited. She focuses on engaging with individuals, creating resonance that inspires change from within.

As an experienced facilitator and coach Helen both designs and delivers innovative breakthrough programs, as well as bringing her dedication and passion to existing training, which she implements with the same level of detail and commitment.

Helen's background as an award-winning actress, whose work has spanned the globe in theater, film and television, has meant she has experienced first-hand the power of communication, creativity, teamwork, receptivity, self-belief and time management. Helen realized the importance of these transferable skills and trained in bringing them to the private and public sectors. Taking her prior business acumen, acquired working with the likes of Google, and combining it with the organizational and interpersonal skills as a high-end event manager, she makes training tangible and effective across the board and specializes in working with C-Suite professionals. She is particularly passionate about developing emotional intelligence in leadership which she has been researching and studying around the globe for the past decade.

In March 2020 Helen began running a virtual weekly drop-in group, offering support, tools and a safe space for people from all walks of life to stay grounded during these changing times; it continues today.

Examples of Helen's work:

- Designed and delivered training workshops on 'Flexing Your Style', 'Using Improvisation in Leadership' and 'The Power of Story' to business leaders, HR and L&D heads
- Designs and regularly runs transformative workshops on moving from the head to the heart, for more authentic, empowered and compassionate living
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Accreditations:

- Certified Experiential Corporate Trainer
- Diploma in Mindfulness Centre of Excellence (includes modules on Mindfulness In Business)
- Foundation Life Coach The Coaching Academy
- International Qualification as PPA, GIA, and TeiQue Assessor
- SDI training programme Strength Deployment Inventory

What clients say about Helen:

"I thought it was the best 90 minute taster session I have attended. I felt it gave me an excellent idea of what Helen can do - what she says, how she says it and how she facilitates group work. I thought she gave us a lot of content in 90 minutes and made it very good value for time. I liked the model, thought it was something people could take and use immediately, and enjoyed the group session which allowed us to have a go using the model. A very good use of my Monday morning." *Head of LD*



“I thought the training was really good. Helen was a great facilitator, personable, warm and funny but got her message across. I enjoyed myself.” *Head of HR*

“Helen is a brilliant facilitator. She has a great presentation style and came across as charismatic, informed and engaging. The session was a perfect blend and balance of interaction, theory and coaching packaged up in a structure that worked really well. I was particularly impressed that Helen challenged us to think differently about certain preconceptions.” *Tempest Group Senior leader*