

Eilidh Milnes
PRONOUNCED AY-LEE
**CAPTAIN
POSITIVE**
 /theconfidencecoach



 @eilidhmilnes
— YOUR —
**CONFIDENCE
SPEAKER
& COACH**

Like you communications expert and business coach **Eilidh Milnes** has seen the word confidence defined numerous ways over the years. Is it charisma? Positive thinking? Power dressing? Decisiveness? Is it all about the situation? Is it meant only for the chosen few? Or, is there a different story?

With over two decades of executive coaching, motivational speaking, and most importantly, real-life experience, her view is radically different. Eilidh (that's Ay-lee) appreciates, and shares with audiences, that confidence is a moment-to-moment choice. It is not about title, position or luck. Confidence is for everyone, everyday. It's how you live your life.

Eilidh has served as an elected member in local government, been the senior external trainer for a national police force and continues to work with the best and brightest in the leadership development field.

Previously Eilidh was a teacher by profession and passion. Her clients include education, associations such as IOSH, charities and blue-chip corporates including BAE Systems, Barclays, BT, Compass, Hochtief, PwC and LaSalle.

Award-winning author Eilidh has been having constructive conversations with folks around the globe since 1995. In 2014, she was National President of the Professional Speaking Association UK & Ireland.

As soon as you hear Eilidh speak, you will realise why she's known as 'Captain Positive!' " She inspires audiences to boost their confidence, productivity and resilience through her exuberant storytelling.

Eilidh is known for her common sense approach, fusing real-life stories and practical techniques. She connects with her audience at an intimate, intense and individual level. Eilidh is married with two children, who live overseas. She looks forward to sharing her experience, knowledge and pizzazz at your event in the future.

Eilidh Milnes
YOUR CONFIDENCE COACH

 /theconfidencecoach

 /ConfidenceTheCoach

 @eilidhmilnes

 /EilidhMilnesTheConfidenceCoach