

CURRICULUM VITAE

Name: Mia Aittola

Date of Birth: February 17, 1964, Helsinki, Finland

Family: Sons: Miika (1993), Saska (1996)
Home in Espoo

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*"The art of living
is flowing with life
as it unfolds
moment to moment,
with an inner vision of purpose."*

Purpose and Role:

I consider myself a coach, facilitator and catalyst for individuals and groups. I find most enjoyment in witnessing transformational shifts in consciousness - breaking through limitations and realising inner potential with a new sense of meaning, purpose and direction.

I strongly believe that the true coach for each of us lies inside. We just need at times some encouragement and thought-provoking or heart-opening questions to tap into its wisdom. The same applies to teams and organisations: solutions emerge and develop as an outcome of open and non-judgmental group dynamics when all participate to give of their unique perspective and gifts. I see that my role as a coach is not only to guide the process. It is just as much about creating a safe space and connecting with the inner potential of another person or the group energy for the best insights and solutions to emerge in the moment.

In today's world we are caught up in an automatic pilot of external activity and achievement. This is often true in our private lives as well as in the workplace. However, this hectic lifestyle has consumed us to the point of fatigue, and the consequence is often underperformance and a lack of inner meaning and purpose. Even if not aware of it, we may not be able to fully bring out our best capacity or make decisions in a state of inner clarity. Our organisations and their business goals cannot remain unaffected either.

My passion is to help individuals and organisations restore balance and find fulfillment by learning to act and live from inside out. Above all, it means encouraging people to be true to themselves, their innermost values, identity and talents when creating the steps forward in life and in business. It calls for slowing down in order to see what is truly important. However, the following action most

likely produces desired outcomes even faster than before. Just as all in nature, we humans also function best and most creatively when following an inner rhythm of activity and rest alternating in natural cycles. Only then may we give of our best in work and in our private lives - and fully enjoy every moment!

Education:

Master of Science, Economics (Human Resource Mgmt), Helsinki School of Economics 1991.

Certified Professional Coach (CPC), International Coach Academy 2007 (English).

Credentialed Coach (ACC) by International Coach Federation (ICF) 2008.

ICF is the leading independent organisation and credentialing body setting standards and the Code of Ethics in the industry of coaching globally (www.coachfederation.com).

The ACC Credential covers a requirement of 100 hrs of reported coaching practice in addition to graduation from an accredited coach program.

Mindfulness-Based Stress Reduction in Mind-Body Medicine - A 7-Day Professional Training by Jon Kabat-Zinn & Saki Santorelli 2008.

Kabat-Zinn is the founder and Santorelli the executive director of the *Center For Mindfulness* in the University of Massachusetts Medical School. This is a global educational and research institute in the application of mindfulness to medicine, health care and society. They also run *corporate programs on mindfulness-based executive leadership and innovation*.

Vivamea coach training on work-self-health integration, 2007 (www.vivamea.com).

NLP Practitioner, Mind Strategics Learning Consultancy, Singapore 2001.

Incondia Certification 2008 (Mirror Incondia Process; qualities inventory for development of leadership capacity in organisations). www.incondia.se

SDI - Strengths Deployment Inventory Certification 2008 (understanding personal strengths in relating to others). www.personalstrengths.com

Situational Leadership Certification 1990.

A variety of courses and training programs in holistic wellbeing, mind-body techniques, meditation, personal growth and development of consciousness.

Work Experience: Partner in Mirror Learning Oy, April 2008

Responsible for **Mirror Self**, coaching program (covering workshops, workbook and personal coaching) for leaders, executive teams and their organisations. It covers such topics as inner leadership, holistic wellbeing, self-awareness, inner motivation, personal growth, behavior change and coaching skills.

Co-facilitator of a retreat for leaders under the name of **Inner Leadership and Mindful Business** (Sisäinen Johtajuus ja Tietoinen Läsnaölo Organisaatiossa).

Facilitating and coaching teams undergoing challenging change.

Entrepreneur in my own company **AwareNet** 2006-2008.

Coach and facilitator for individuals, teams and organisations on self-leadership, holistic wellbeing, personal growth, organisational culture and transformational change.

Affiliated with **Tailormade Consulting Network** (Wiltrain Consulting Oy, www.wiltrainconsulting.fi); participating as coach and facilitator in long-term organisation development processes concerning change of strategy and culture.

Trainer and personal coach on self-leadership, wellbeing and personal change with **Kauppakamari-instituutti** (Johtamisen erikoisammattitutkinto).

Self-employed in Singapore (2000-) where I lived in 1997-2005.

Coach and facilitator with individuals and groups on personal growth, holistic wellbeing and transformational change. Working with clients from a variety of cultural backgrounds including local Singaporeans and expatriates.

I had a divorce in Singapore in 2000 after which we all decided to stay there for a few years, our two sons living with me.

Research projects with **Helsinki School of Economics** on organisational culture change and environmental demands 1993-1996.

Yritysvalmennus Oy, participating in long-term organisation development processes concerning change of strategy and culture 1990-1993.

Co-teacher of a course on **Situational Leadership** by Yritysvalmennus Oy in Helsinki School of Economics 1991.

Imatran Voima Oy, part-time assistant in a human resource training and development unit 1988-89.

Dissertation for the Helsinki School of Economics on the implementation of a leadership program (Tulosjohtaminen) and its impact on organisational culture in one unit of Imatran Voima.

- Languages:** Mother tongue: Finnish
Excellent: English
Intermediate studies but lack of practice: Swedish, German
Some: French
- Memberships:** **International Coach Federation (ICF)** www.coachfederation.com
Member of the ICF interest group "Brain-based coaching", focusing on the integration of coaching with neuroscience and the science of consciousness.
- Suomen Coaching-yhdistys** (Finnish Coaching Organisation)
www.coaching-yhdistys.com
- I enjoy:** Life in all colours
Yoga and meditation
Sharing with the important people of my life
Reflecting on life through reading and writing
Nature, especially forest and sea
Co-creating with others for a common purpose and vision
- I believe in:** power of purpose, limitless potential of consciousness, learning from every experience, connectedness of all, working for a humane world