



## Facilitator profile – Aquilla Lindo-Cozzella



Aquilla Lindo-Cozzella has over 15 years' experience in leadership and management, strategy development and operational services.

She is a qualified NLP Practitioner, specialist in leadership and management, performance improvement, coaching and mentoring. She delivers one to one coaching and group learning sessions designed to address a range of essential organisational needs including performance management, stakeholder mapping, effective team building and personal development planning. Aquilla is passionate about delivering outcome-based solutions through her training in a fun and creative way. She has a vast amount of experience delivering training for public, private and third-sector organisations.

Her qualifications include Level 3 Award in Education & Training, PRINCE2, A1 Assessor Award and a Level 4 in providing Information, Advice & Guidance. Her training and coaching skills has enabled individuals to successfully progress and achieve their career goals and supported businesses to exceed performance targets and achieve strategic outcomes.

Aquilla facilitates leadership and management workshops on a wide range of subjects, including:

- Leading innovation & Change
- Coaching
- Communication skills
- Organisational Financial management
- Conflict management
- Decision-making and problem-solving
- Delegation
- Emotional intelligence
- Project Life Cycle and Management
- Giving and receiving feedback
- Influencing and negotiation
- Leadership and management styles
- Mentoring
- Presentation skills
- Time and priority management
- Stakeholder relationship management
- Talent management
- Team building
- Effective opposition
- Community Engagement
- Career Goals and Aspirations
- Building your Networks

### Clients and feedback

Over the last few years Aquilla has worked with a wide range of clients including: National Careers Services, the Local Government Association, London Borough of Brent, NOMAD Foods, REGUS, Corndel, Planet Organic, Office, CAPITA, SAAN, Shepherds Bush Housing, NSPCC and Shaw Trust.

- *'Ensured collaboration between partners and stakeholders.'*
- *'Built rapport quickly and successfully led, motivated and coached multi-site teams.'*
- *'Confident contract negotiator with excellent communication skills.'*

*Aquilla is based in Greater London, but works across the country.*