

Facilitator – Sukhi Vella



Overview

Sukhi is known for her passion and enthusiasm to challenge thinking to sustain learning and help people be the best version of themselves that they can be.

She believes that effective relationships and collaboration achieve results and her approach as trainer, facilitator and coach is to create a relaxed and engaging learning environment to enhance each person’s natural learning capability, whether that be face-to-face or in a virtual setting.

Sukhi works with people managers and team members to facilitate behavioural change and support others to make a difference to their business through their performance, by being the best version of themselves that they can be.

The following areas are in regular demand:

- Management / Leadership skills
- Influencing skills
- Giving and receiving feedback
- Managing challenging conversations
- Emotional intelligence
- Managing change and transition
- Stress and resilience
- Performance management
- Diversity, Inclusion & Belonging
- Unconscious Bias
- Managing Hybrid Teams
- Psychological Safety
- Sustainable Performance
- Coaching skills
- Time & priority management
- Behavioural & communication styles
- Communication styles
- Presentation skills
- Team development
- Trainer/Facilitator development

The most impactful and enjoyable face-to-face and virtual programmes are where the focus of learning has been keeping human interaction and an engaging experiential learning for participants. This involves using case studies, activities, discussion, practice with real play scenarios and specific actions to take-away. This approach meets the varying learning styles of each person and ensures each stage of the learning cycle is completed.

Over the last few years Sukhi has converted several face-to-face learning interventions to virtual learning sessions ranging from 90-minute to full and half-day bringing together colleagues from different locations around the country and internationally.

In-person learning is also making a comeback which provides opportunities for colleagues to collaborate and learn together in the same space. By facilitating their ideas and learning they are able to share and learn from each other’s experiences.

With over 20 years in the field of Learning & Development Sukhi has worked across a wide range of sectors, including aviation, logistics, pharmaceutical, telecommunications, education, sport, retail, food manufacturing, not-for-profit, leisure and hospitality.

Key clients since 2011 include:

- Chelsea FC
- Group 1 Auto
- Y.M.C.A.
- Vodaphone
- World Rugby
- The Collective
- Qubix
- CSL Seqirus
- British Airways
- John Lewis/Waitrose
- Woodford Green Preparatory School
- The Gap Partnership
- Premier Foods
- Heinz
- CLEAN
- Jewish Care
- DHL
- Ground Control
- Eisai Europe
- Marine Stewardship Council

Feedback

Sukhi gets outstanding feedback from clients and workshop participants, both classroom and virtual, as the example comments below show:

- Thank you again for such a fantastic training day – it was insightful, thought provoking and included great team building activities.
- Thank you for the excellent workshop you ran last week for and for setting us on the journey to become more psychologically safe as a team. The entire group enjoyed the workshop immensely and found it thought provoking. Your style and humour were very much appreciated, and we hope that our paths cross again.
- What a fabulous job you are doing – the participants, HR business partners, and the program team were singing your praises in Toronto. Thanks for all your work in ensuring the roll out of the program is such a success.
- Thank you again for a great week, it would not have been the same without you. Thank you for all the feedback and your honesty, it not only made me a better facilitator, it also supports me on my journey to become a better person.
- A very big thank you to you. Apart from the absolute privilege to further develop my facilitation skills, I thoroughly enjoyed your company. Your knowledge, experience and input invaluable, but delivered in such a professional way and with so much enthusiasm – your passion for what you do evident in every session.
- Huge thank you to you for your training last Friday (I can't believe how quickly the week has gone!). It was insightful, fun, energetic and has created a buzz with our SL Team.
- The team enjoyed and appreciated this exercise tremendously! They have been talking about it amongst each other the days after the training. Everyone was super engaged! Big thank you Sukhi for your super enthusiastic and professional job! 'Excellent trainer!'
- Truly are an amazing professional and human being... Love the way you have noted my facilitation feedback. Mean it. It would have been a sin had I not shared this very genuine appreciation that not only I but the rest of the team have felt so. You are a natural leader.
- Sukhi - you were right the course was more enjoyable the more you put in the more we got out, and it wasn't just a tick box very good course enjoyable informative, set at a really good pace and the breakout sessions just meeting and interacting with other team members that to be honest probably wouldn't have in the day to day working, so thanks for the that and all your help and patience.
- The course had a fantastic structure, the content was spot-on and really helped me get to grips with the concept and with how to apply this in my role. Very possibly the best course I have done in a long time.
- Sukhi did really good job managing the zoom sessions and the tools that she used during the training.



- Sukhi, was extremely knowledgeable, and set a great pace across the sessions giving us decent length breaks every 80 to 90 mins was key to maintaining our concentration levels; and deeply appreciated by all.
- Very knowledgeable in the area of management development.
- Sukhi was engaging and inspiring.
- The facilitator's communication style was great, they engaged everyone in the training group.
- Sukhi was very good at connecting us all as colleagues, engaging us, and getting our participation in the group and individual exercises. really was very impressed by her style.
- Great facilitator.
- I loved the workshop and wish Sukhi could run all workshops. She truly rocks!
- Just thank you, this course was more enjoyable and insightful than I had expected!

Sukhi is based in Surrey and works across the country.