

# Speaker Biography

## Carmel Millar

*HR Director and Wellbeing Consultant*



Carmel has had a 43 year career in Human Resources and OD. She has been HR Director at the British Library, Surrey County Council and Westminster Council to name but three of the organisations she has headed up as HRD.

Carmel retired from corporate life in 2015 and is now operating as an independent consultant, specialising in organisational development, majoring on leadership development, talent management, culture change & employee engagement. Carmel is also a qualified employment law specialist with a Master's Degree in Employment Law, a qualified and experienced professional coach and a qualified and trained NLP Practitioner.

Carmel has also developed a particular specialism in restorative conflict resolution and turning around poor performance, poor working relationships and 'silo'd' cultures.

Carmel is a mother of three adult sons. Her two eldest sons are teachers and her youngest, who has Down's Syndrome, is a talented photographer and is currently building his portfolio. In her spare time, Carmel has been a volunteer-mentoring women with mental health histories for the last 15 years. She is a qualified keep fit instructor and life-long Iyenga yoga practitioner. Carmel is also a Fellow of the Royal Society of Arts. Carmel is currently studying for a Master's Degree in Applied Positive Psychology and Coaching Psychology at the University of East London