

## Leith Mitchell: Media Kit

Wellbeing science researcher. Research-informed speaker. Author

Exploring how people flourish through uncertainty and leadership



### SHORT BIOGRAPHY

Leith Mitchell is a wellbeing science researcher and speaker whose work explores sustainable wellbeing across leadership, wellbeing and complex systems. She previously served as Director of Diversity, Culture and Engagement for one of Australia's largest education systems and co-designed IBM's first global diversity recruitment strategy.

### MEDIUM BIOGRAPHY

Leith Mitchell is a wellbeing science researcher and research-informed speaker exploring sustainable wellbeing across leadership, wellbeing and complex systems. She previously served as Director of Diversity, Culture and Engagement for one of Australia's largest government departments and co-designed IBM's first global diversity recruitment strategy.

Her work has contributed to workforce strategy, disability inclusion and neurodiversity innovation, recognised nationally and internationally. She has published on inclusive workplaces and bias interrupters and speaks regularly to leadership audiences across corporate, government, and education organisations.

Leith is completing postgraduate study in wellbeing science, undertaking her PhD, while developing her book *Rare Air*.

## EXTENDED SPEAKER BIOGRAPHY

Leith Mitchell is a wellbeing science researcher and former executive leader with over 15 years' experience across Asia-Pacific, the United Kingdom and global roles in organisational strategy, workforce transformation and leadership development for PriceWaterhouseCoopers and IBM.

She served as Director of Diversity, Culture and Engagement for one of Australia's largest Departments of Education, supporting a workforce of more than 95,000 employees and leading major workforce strategy, culture and engagement initiatives. Her team's work on disability inclusion and neurodiversity innovation contributed to national benchmarking recognition and international design awards.

Earlier in her career, she co-designed IBM's first global diversity recruitment strategy and advised ASX500 organisations and government leaders on inclusion, workforce capability and organisational change.

Leith writes and speaks about sustainable wellbeing and leadership in complex systems, and is currently completing postgraduate study in wellbeing science, undertaking her PhD, while developing her book *Rare Air*.

## SPEAKING TOPICS

- Sustainable wellbeing in complex systems
- Leadership under uncertainty
- Wellbeing and psychological safety
- Designing inclusive workplaces
- Workforce strategy
- Workplace neurodiversity

## CURRENT WRITING PROJECT

*Rare Air* (forthcoming)

*Rare Air* explores how people redefine flourishing after serious illness disrupts identity, certainty and capability. Drawing on wellbeing science, positive psychology's PERMA+H framework, and lived experience, the book reframes recovery not as returning to a previous version of life, but as building a sustainable future within changed conditions.

## SELECTED PUBLICATIONS

Mitchell, L. (2018). Bias interrupters-Intentionally disrupting the status quo to create inclusive and well workplaces. *Financial Planning Research Journal*.

Mitchell, L. (2022). Improving workforce disability and accessibility. Diversity Council Australia case study.

Mitchell, L. (2023). Queensland Department of Education flexible work case study. Parents at

Work.

Mitchell, L. (2021). Tapping the power of diversity in urban water. Water Services Association of Australia.

### **LEADERSHIP EXPERIENCE HIGHLIGHTS**

Founder, Mitchell Services - Advisor to ASX500 organisations and public sector executives on wellbeing, inclusion, workforce strategy and organisational change

Former Director, Diversity, Culture and Engagement - State Department of Education

IBM- Co-designer of IBM's first global diversity recruitment strategy

PwC- Human Capital Management Executive, Project Executive

### **RECOGNITION**

Australian Workplace Equality Index Platinum benchmarking

International Gov Design Awards recognition for neurodiversity innovation

IBM Top 10% Global Talent program

Australian Institute of Management Women in Leadership scholarship recipient

### **RECENT EDUCATION**

Graduate Certificate in Wellbeing Science - University of Melbourne

Graduate Diploma of Wellness (Distinction) - RMIT University

Graduate Certificate in Business- Queensland University of Technology

Masters of Information Technology- Queensland University of Technology

### **RESEARCH INTERESTS**

- Sustainable wellbeing
- Leadership and organisational culture
- Identity and illness
- Volunteer wellbeing systems
- Disability and workforce participation
- Neurodiversity and inclusion design

### **CONTACT**

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