

## **Biography for Eilidh Milnes**

Eilidh Milnes is known as 'Captain Positive!' She is a teacher turned international keynote speaker, columnist and award winning author.

In recent years, Eilidh has delivered keynote speeches to over 22,000 people on three continents. She has two decades of training and coaching experience and works with people from Aberdeen to Adelaide.

Her clients include corporates such as PWC, BAE Systems, Compass, BT, Morgan Stanley and Barclays; plus public sector organisations and the SME market. Eilidh is highly motivated, with a proven ability to influence and implement change. She is known for having fun, her maxim being, "When you laugh, you learn!"

For 20 years, she has been helping businesses convey strategic messages to their employees. Many have seen dramatic improvements as a result of Eilidh's interventions, but culture change can take time and the benefits of a one-off campaign or keynote speech can be short-lived.

So Eilidh has developed a series of programmes linked to her "Confidence Toolbox Talks." This new "Common Sense Communication," package tackles behaviours at all levels.

Eilidh is married with two children. Her head office is in Cheshire, UK. She is available to speak worldwide.

**[www.eilidhmilnes.com](http://www.eilidhmilnes.com)**

200 words

**Eilidh is pronounced "Ay-lee."**