

Biography



Farrah Mitra

Principal

Contact:

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Education:

- B.S., Cornell University

Certifications:

- Coaches Training Institute
- Myers Briggs Type Indicator
- EQ-I
- Leadership Circle Profile
- Leadership Circle Culture Survey
- Immunity to Change

Farrah Mitra is a strategy consultant-turned executive coach, trainer, and consultant. She is known for championing and investing in those she works with and empowering them both to shift their mindset as well as to obtain the practical frameworks and infrastructure they need to enable their success.

Farrah supports individuals and executives and empowers them to level up and make key career transitions as well as navigate challenging leadership situations. In addition, she partners with start-up founders who are experiencing hyper-growth but who do not yet have the expertise and support they need for ultimate success. Farrah delivers her work through a structured approach that enables clarity and seamless decision making by her clients. In particular, she brings clear frameworks to the softer and harder-to-measure topics of leadership so that the learnings are usable and practical.

She worked at Bain & Company for more than twelve years, first as a strategy consultant earning multiple promotions, and then serving as part of their Global Professional Development team. She then became Director of People & Culture at Medallia and was most recently VP of People at Alto Pharmacy, where she built their people function from the ground up.

Farrah trained at the Coaches Training Institute and is both MBTI and EQ-I certified. She attended Cornell University where she graduated Cum Laude.

