

Bio and Information

# Emily Nichols-Mitchell, MBA CEO



**FEATURED**  
on the cover of Tycoon Magazine in honor of Women's History Month

 [Link to the featured article](#)

## Speaker Bio -

# EMILY NICHOLS- MITCHELL, MBA

THE CATALYST FOR  
EXTRAORDINARY LEADERSHIP



Founder and CEO of Accelerations Group, **Emily Nichols-Mitchell** is the secret weapon successful executives turn to when they're ready to rewrite the rules of success. With 30 years of corporate experience as a former HR executive, internationally award-winning executive coach, and savvy businesswoman, Emily is a force to be reckoned with. Emily is a powerhouse speaker who blends global corporate expertise with transformative coaching strategies, delivering unforgettable, action-packed sessions. She doesn't just talk the talk—she gives your audience the tools to walk the walk! By combining theory with hands-on action, Emily creates momentum and drives real transformation.

Using her interactive **BRAVE Framework and Appreciative Inquiry 5i Framework**, Emily keeps audiences engaged, ensuring each session is both enlightening and actionable. With her contagious energy and ability to forge meaningful connections, Emily makes every participant feel seen, heard, and truly empowered.

Dubbed "**The Mirror for High-Achieving Executives,**" Emily is known for her candor and compassionate approach, creating a safe space for growth to emerge. She helps leaders cut through corporate noise, uncover what's holding them back, and provide strategies to accelerate to the next level. Her unique approach blends entrepreneurial insight with extensive corporate experience, empowering executives to break through perceived limits and respond differently to challenges, business demands, and high-pressure environments.

**Her mission?** To empower high-achieving leaders—especially women—to become standout executives who don't just compete - **dominate with ease.** Under her guidance, leaders elevate their game by building new habits, sharpening strategic thinking, and mastering workplace politics, emotional agility, and communication as if it's second nature—their secret superpower.



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## THE CATALYST FOR EXTRAORDINARY LEADERSHIP

**With Emily, it's not just a session—it's a transformative experience that sparks actionable change.**



As the Founder and CEO of Accelerations Group, **Emily Nichols-Mitchell** is the trusted partner executives turn to when they're ready to redefine success. With over 30 years of corporate experience, including leadership roles as a former HR executive and an internationally award-winning executive coach, Emily brings unparalleled expertise to the leadership space.

Emily is a **dynamic keynote speaker** who blends global corporate insights with cutting-edge leadership strategies, delivering high-energy sessions that create immediate, measurable impact. Her approach empowers leaders to break through barriers, sharpen their strategic vision, and confidently navigate the complexities of high-pressure environments.

Known for her candid, yet compassionate style, Emily has earned the reputation as "**The Mirror for High-Achieving Executives.**" She helps leaders cut through the noise, uncover their blind spots, and equip them with practical strategies to accelerate their growth and drive meaningful change. Whether speaking to senior executives or emerging leaders, Emily's sessions focus on real-world application, moving beyond theory to provide actionable tools that drive immediate transformation.

**Emily's mission is simple:** to empower high-performing leaders—especially women—to **succeed and dominate with purpose and confidence.** Through her signature **BRAVE Framework, ALIGN Blueprint,** and the Appreciative Inquiry 5i Framework, Emily connects with her audience to make them feel seen, heard, and truly empowered. By the conclusion of her talks, participants leave ready to take decisive action, armed with new habits and strategies that elevate their leadership and create lasting impact within their teams and organizations.

Emily holds a bachelor's degree from Spelman College and a master's degree in business management from the University of Phoenix. She is a graduate of Coach Academy International, a certified executive coach, and a member of the International Coaching Federation. Emily loves the Lord, is a proud Alpha Kappa Alpha Sorority, Inc. member, and lives in Atlanta, GA, with her husband, Fred Mitchell.



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Founder and CEO of Accelerations Group, **Emily Nichols-Mitchell** is the secret weapon successful executives turn to when they're ready to rewrite the rules of success. With 30 years of corporate experience as a former HR executive, internationally award-winning executive coach, and savvy businesswoman, Emily is a force to be reckoned with.

In 2020, she received the **INTERNATIONAL COACH OF THE YEAR SILVER STEVIE®** Award for Women in Business for empowering women executives.

Dubbed "**The Mirror for High-Achieving Executives,**" Emily is known for her candor and compassionate approach, creating a safe space for growth to emerge. She helps leaders cut through corporate noise, uncover what's holding them back, and provide strategies to accelerate to the next level. Her unique approach blends entrepreneurial insight with extensive corporate experience, empowering executives to break through perceived limits and respond differently to challenges, business demands, and high-pressure environments.

**Her mission?** To empower high-achieving leaders—especially women—to become standout executives who don't just compete - **dominate with ease.**

Emily's approach goes beyond traditional coaching. Her clients don't just set goals—they create new outcomes. Under her guidance, leaders elevate their game by building new habits, sharpening strategic thinking, and mastering workplace politics, emotional agility, and communication as if it's second nature—their secret superpower.



# EMILY NICHOLS- MITCHELL, MBA

THE CATALYST FOR  
EXTRAORDINARY  
LEADERSHIP



CEO of Accelerations Group, **Emily Nichols-Mitchell**, is an award-winning executive coach with 30 years of corporate experience. Dubbed "**The Mirror for High-Achieving Executives**," she helps leaders break through barriers and elevate to the next level. Emily empowers leaders to build new habits, sharpen strategic thinking, and master workplace politics and leadership power skills—making them their secret superpower.





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***Emily Nichols-Mitchell, founder and CEO of Accelerations Group, is the secret weapon successful executives turn to when they're ready to rewrite the rules of success.***

With 30 years of corporate experience as a former HR executive, internationally award-winning executive coach, and savvy businesswoman, Emily is a force to be reckoned with.

In 2020, Emily received the International Coach of the Year Silver Stevie® Award for Women in Business, recognizing her transformative work empowering women executives.

Dubbed "**The Mirror for High-Achieving Executives,**" Emily is known for her candid yet compassionate approach. She helps leaders cut through corporate noise, uncover what's holding them back, and provide strategies to accelerate to the next level. Her unique approach blends entrepreneurial insight with extensive corporate experience, empowering executives to break through perceived limits and respond differently to challenges, business demands, and high-pressure environments.

**Her mission?** To empower high-achieving leaders—especially women—to become standout executives who don't just compete but **dominate with ease.**

As a keynote speaker, Emily inspires audiences to claim their executive space, accelerate their brilliance, and achieve work-life balance, all while igniting careers that fuel passion and purpose.

Emily's ability to inspire candid conversations and drive meaningful results has reshaped how leaders navigate challenges, elevate their teams, perform at their highest potential, and show up brilliantly across 15 countries and four continents.

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Named among the **Top 20 Leadership Training Organizations by HR Tech Outlook in both 2023 and 2024**, Her client roster spans Fortune 500 companies, educational institutions, and non-profits, including Bristol Myers-Squibb, Tiffany & Company, Yale-New Haven Health System, US Cellular, HSBC, United Way Worldwide, and Columbia Business School.

Outside of work, Emily serves on the board of the James M Dixon Foundation for Alzheimer's Research. She is a caregiver and loves hanging with her sassy and feisty 93-year-old mommy. She enjoys traveling the world to immerse herself in different cultures, and her happy place is relaxing on her patio.

She has been featured as a bachelorette in Ebony magazine and was a contestant in the Ms. Kentucky Beauty Pageant. Emily most recently graced the cover of Tycoon Magazine for Women's History Month, "Breaking the Glass Ceiling." She enjoys being a mentor at the Bizwomen Mentoring Monday event sponsored by the Atlanta Business Chronicle.

Emily holds a bachelor's degree from Spelman College and a master's degree in business management from the University of Phoenix. She is a graduate of Coach Academy International, a certified executive coach, and a proud member of the International Coaching Federation, underscoring her commitment to professional excellence. Emily loves the Lord, is a proud Alpha Kappa Alpha Sorority, Inc. member, and lives in Atlanta, GA, with her husband, Fred Mitchell.



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**CEO**

**Accelerations Group**

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## **Corporate Headquarters Address:**

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Mableton, GA 30126

**Link to Official Headshots:** [!\[\]\(d8ab143e904bfa3467271eec5af75a9b\_img.jpg\) click here.](#)

## **Team Member Contact Information**

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