
Dive Into Resilience: A Journey of Leadership and Determination

Monday 9th February 2026

Speaker Biographies

Emma Bell-Davies, Events Lead, CMI Wales Board



Emma has been a member of CMI since 2016 when she gained Chartered Manager status. Educated in Bristol and Manchester Universities she's currently a Coach at Corndel, delivering transformational leadership and management courses to senior business leaders across multiple sectors in the UK. Previously she worked as the Head of the Exploration & Development in an energy consultancy, where her team of geoscientists helped their clients find energy resources globally. Emma has extensive strategic leadership experience and is passionate about helping people to become the best leader they can be. Emma is a Senior Practitioner coach accredited with EMCC and holds a Level 7 Coaching and Mentoring qualification through ILM.

Emma joined the board in the Communications and Social Media lead and now is the Events Lead, she plans, organises and hosts the CMI Wales events in diverse topics from workplace wellbeing, employability, leading through change, and leadership topics.

Eleanor Reddington, Retired Methodist Minister



Eleanor's life has been defined by faith, resilience, and an extraordinary spirit. Born into a Methodist family, she moved often during childhood, attending grammar schools in Houghton-le-Spring and Newquay. After earning a Theology degree from Exeter University (1971–74), she worked with vulnerable youth before training for ministry at Queen's College, Birmingham. Ordained in 1984, Eleanor served in circuits across Wales, Yorkshire, Northumberland, Shropshire, Cornwall, and Norfolk, including a decade as Agricultural and Rural Chaplain.

Eleanor enjoyed bodyboarding and coastal rock scrambling in Cornwall prior to sustaining spinal injuries in car accidents in her 20's and 30's. Since then Eleanor has defied expectations by becoming a long-distance open water swimmer. To date she completed the Dart 10k, Great North and East swims, 6K River Aran, across the Solent and twice swam the English Channel in relay—raising over £30,000 for Aspire, a charity supporting spinal injury rehabilitation. Her courage in the water mirrors her strength in ministry.