

Myra F. Dillingham, M.Ed.

Myra Dillingham, founder of Arym Consulting, LLC, has more than twenty-five years of consulting, leadership development skills training and instruction. Myra supports critical organizational functions including talent development, change and transition management, diversity initiatives, team interventions, mediation and executive coaching. Myra has been an educator and facilitator of knowledge throughout her career. She began her journey as a high school English instructor and has continued to empower minds at many different levels ever since.



As a district consultant for the Federal Reserve Bank of Kansas City, Missouri; Myra provided essential skills training and consulting services for more than 1800 employees at four bank offices in Denver, Colorado, Omaha, Nebraska, Oklahoma City, Oklahoma, and Kansas City, Missouri. In that capacity, Myra played a pivotal role in assisting managers, supervisors and employees to consistently meet and often exceed their departmental goals and objectives.

During her six years of tenure as a Senior Associate of LGC & Associates, a management consulting firm specializing in diversity; Myra designed and facilitated client tailored employee development components, conducted cultural audits and analysis, and provided implementation support for diversity initiatives. As senior associate, Myra played a significant role in the delivery of training, nationally and internationally, for more than 25,000 participants and in providing consulting services for more than forty clients. Her international experiences include presentations in Cambridge, England, Okinawa, Japan and Brussels, Belgium.

Myra is a member of the National Association of Professional Women and holds the following certifications: Seven Habits of Highly Effective People Certification with Franklin Covey Company, Situational Leadership with Ken Blanchard Companies, Who MOved My Cheese, Change and Win Solutions, Workplace Diversity by the Society for Human Resource Management (SHRM), and Development Dimensions International (DDI). Myra has also been trained and certified in DOT process through New Directions Behavioral Health.

Myra has a Bachelor of Arts Degree in English from Livingstone College in Salisbury, North Carolina and a M.Ed. in Counseling from the University of Pittsburgh in Pennsylvania.

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