



IS YOUR AUDIENCE FEELING OVERWHELMED AND BURNED OUT?

Leadership Coach Reveals How They Can Rekindle their Passion

Andro DONOVAN

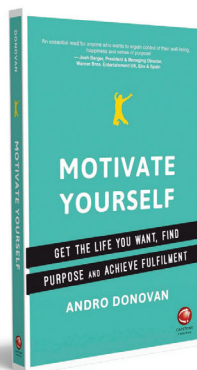
is a sought-after speaker, executive coach and author of *Motivate Yourself: Get the life you want, find purpose and achieve fulfilment*. She specializes in helping entrepreneurs, CEOs and other professionals to become more effective leaders by creating a stronger sense of meaning and purpose. Over the past 25 years, Andro has worked with thousands of individuals to help them gain greater influence, effectiveness and perspective. She is known for the life-changing retreats she offers in exotic locations around the world, where she creates safe environments for deep personal transformation. Andro helps audiences focus in on their unique contribution and express their talents to their fullest.

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STORY IDEAS:

- **What I learned from working in some of the toughest schools in London**
How I use that knowledge to help stressed-out executives today
- **What your favorite films and books say about you**
They reveal more about you, and what you should be doing with your life, than you can imagine
- **Make friends with your inner Rats**
Learn what Rat holds you back and how to tame them
- **When was the last time you really listened to your other half?**
Tools for building bridges and starting a lover's dialogue
- **Happiness is overrated**
Why meaning and purpose trumps happiness every time
- **Why we are so scared of silence**
How to stop hiding behind your phone and face yourself
- **Try a habit detox**
Why your unseen habits are the ones that really wreak havoc
- **Why retreating can help you advance in your career**
This expert shares key strategies she offers in her life-changing retreats around the world
- **How to be on fire and avoid burnout**
10 motivational principles for looking after your biggest asset – you!
- **Has your teenager disengaged?**
How to challenge teens to discover what they're capable of achieving



“Andro Donovan is like a horse whisperer for CEOs and Forums, gently coaxing out deeper levels of discovery and achievement. These skills were clearly hard won through study and experience, but there is something deeper here...wisdom.”

—**Jackson von der Ohe**,
Chief Executive Officer,
Banff Center for Arts and Creativity