

Andro DONOVAN



- » Leadership development specialist
- » Author of *Motivate Yourself* (**Capstone**)
- » Hosts life-changing retreats in exotic venues
- » Expert in facilitating deep personal transformation

For further information on Andro Donovan and her book go to www.androdonovan.com

Introducing facilitator, speaker and author, Andro Donovan, who specialises in helping entrepreneurs, CEOs and other professionals to become more effective leaders by creating a stronger sense of meaning and purpose in their lives.

Over the past 25 years, Andro has worked with thousands of individuals to help them gain greater influence, effectiveness and perspective. Crucially, her work recognises that leadership skills do not simply come from the pages of a book or an inspirational speaker, but from within each individual, so there is a strong focus on self-awareness, authenticity and the ability to connect to our own personal power.

Andro's work recognises that the key to sustainable success is mental and physical wellbeing, so she is has built a reputation for creating safe environments where deep personal transformation can happen, both individually and collaboratively, working with cross-cultural groups on a global level.

Life-changing retreats

Andro Donovan is best known for her impactful transformation retreats, hosted in exotic venues around the world. The retreats provide positive, supportive environments in which likeminded people inspire each other to maximise their leadership potential, sense of purpose and life fulfilment. They include:

- **Value based life planning:** Developed for people with stressful lifestyles who juggle commitments, this retreat helps identify what is really important to each individual and help them make the active choices to start living the life they really want.
- **Releasing the goddess within:** A unique opportunity for women who feel unfulfilled in life to learn more about themselves, uncover hidden depths and transform their life.
- **Top team coaching and team building:** A customised peer group team building workshop. Andro guides leaders and teams to open new gateways by helping

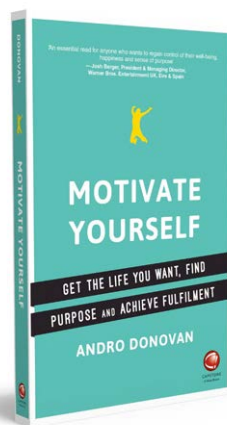
them identify patterns beneath the surface that block performance and untapped potential. Andro works best with leaders who are prepared to provide the leadership for fundamental change in their organisations.

- **Crossing the bridge:** Designed to help professionals take their personal relationships to another level, building a deeper understanding and mutual respect for the role a partner plays in their success. The work focuses on how unconscious patterns show up in marriage or partnership and how you can shift to greater levels of connection in order to thrive.

MOTIVATE YOURSELF

Andro Donovan is the author of new book, *Motivate Yourself – Get the life you want, find purpose and achieve fulfilment*, published by Capstone.

The book offers the reader practical strategies and tools to improve their productivity and create the life they really want. It shows how to move past self-doubt, quieten inner negative voices and propel yourself into living your own personal dream. It is broken down into three distinct sections:



- **Discover yourself – A journey to yourself:** Exploring what lights you up, makes your life worth living and what you hold most precious.
- **Free yourself – What gets in the way of your happiness?:** Surfaces the negative thoughts and feelings that prevent you from fulfilling potential, and begins rewiring this mindset.
- **Motivate your life – Design the life you want to live:** Step-by-step guide, including tools and tips you can implement immediately.

READY TO SPEAK TO THE MEDIA

Andro Donovan is an experienced and highly engaging speaker, and is available for interview, expert comment and by-lined articles on a number of different business, leadership, careers and entrepreneurship topics, including:

Reduce Stress, Increase Success: The importance of re-booting your mind

How to be on fire but avoid burnout: 10 things leaders need to do to protect themselves from burnout

Spring Clean your Mind: How to get your brain fit and ready to win

"Happy wife, happy life": How a healthy relationship is the key to sustainable success

What REALLY makes a happy entrepreneur (and it's not money)

10 Things successful entrepreneurs NEVER say

What do you want! Enjoy success without sacrificing a happy life

10 Motivational principles for a happier career

How to stay focussed in times of uncertainty

I'm an entrepreneur - Get me out of here! How to overcome the challenges of becoming an entrepreneur