



**Ariane de Bonvoisin** writes and speaks frequently on issues of personal and professional change, happiness and inspiration, entrepreneurship, women in the workplace, and the topic of mindful living and conscious business. She has spoken at companies such as Google, Twitter, Morgan Stanley, Investec, The IDB, KPMG, Essilor, Nestle and Redbull among others. She has also been a keynote at events including Oprah's Conference, Maria Shriver's Women's Conference, the Multimillion Dollar Roundtable (MDRT) and other international conferences. She has written articles for media outlets including *Fast Company*, *Business Week*, *Oprah Magazine*, *Good Housekeeping*, *Yahoo*, *Town & Country*, *Advertising Age*, the *New York Daily News*, *Huffington Post* and *Reader's Digest* among others. She has also been written about in *Forbes* and *USA Today*.

Ariane grew up in 6 countries across 3 continents. With a degree in economics and international relations from the London School of Economics at the age of 19, Ariane began her professional career at The Boston Consulting Group working in over a dozen countries. After an MBA from Stanford University, she moved to New York, working with media companies Bertelsmann and Sony. In 2000, she joined Time Warner as the Managing Director of a new \$500 million digital-media venture fund.

She founded and was CEO and Chief Change Optimist of First30Days.com, a New York City-based media company focused on guiding people through all types of changes. Ariane has appeared on dozens of TV and radio shows, including NBC's Today Show, the CBS Early Show, CNN and ABC News Now.

Ariane's most recent book entitled, "The First 30 Days: Your Guide to Making Any Change Easier" was publis...

## Ariane de Bonvoisin

### Speech Topics

- Peak Performance
- Life Balance
- Coaching / Mentoring
- Change



## Testimonials

Ariane has a down to earth way of helping you see the very good side of change (it's not scary!), and her book is full of practical information that will both inspire and inform. This book is a must read.

- New York Times best-selling author and president of Hearst Magazines.

Ariane inspired us to think about how we can apply the 9 principles of change to any aspect of our lives. We had a jam-packed room, thought provoking questions and meaningful answers. We can all learn a thing or two about change from Ariane.

- Google.