

ARIANE de BONVOISIN: Author, Speaker, Coach, Change Expert and Entrepreneur

Ariane writes, coaches and speaks frequently on issues of personal and professional change, happiness and inspiration, entrepreneurship, women in the workplace, parenting and the topic of mindful living and wellness in business. She has spoken and coached at companies such as Google, Twitter, Morgan Stanley, Investec, The IDB, KPMG, Essilor, Amazon, Nestle and Redbull amongst 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. Her *'9 Principles of Change'* Workshop has become a cornerstone of her teachings and has received rave reviews.



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 now focuses on life skills, change and transition, wellness, women and overall transformation and is an active coach and advisor to businesses of all sizes.

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 book entitled, *"The First 30 Days: Your Guide to Making Any Change Easier"* was published by Harper Collins and reached the bestseller list. The book has now been translated in over a dozen languages. Her most recent book series, *"Giggles and Joy: Spiritual Life Lessons for Kids"*, covers important life skills for children age 2-10.

She was selected to be a TED Resident in NYC in 2018, exploring various media initiatives to teach life skills to young children, resulting in her [TED Talk](#), *The skills we need to teach our kids*.

Her most recent work involves leading the *Executive Women's Leadership Program* for Union Square Ventures (USV) in NYC, a six-month program for startup executives looking at personal transformation and life skills.

She is also the co-founder of Mindful365, www.mindful365, a website and smart phone app that helps people live consciously a day at a time.

She is an accomplished athlete, having been a competitive swimmer, a ski instructor, and a runner in a series of marathons and triathlons. She also reached the summit of Mt. Kilimanjaro and accompanied a group of students to Antarctica. She was most recently part of a movie called The Highest Pass (www.thehighestpass.com)- a motorcycle journey through the highest roads in the Himalayas.

She currently lives in New York City, with her husband Alfie and her son, Everest.
Contact information: Ariane de Bonvoisin ariane@arianestudio.com

Websites:

www.arianedebonvoisin.com, <http://www.gigglesandjoy.com>, www.first30days.com, <http://www.mindful365.com>

Testimonials

"I have been an entrepreneur since I was sixteen and have been well aware of the loneliness of being a creator and a CEO for a while. But I never thought of having a coach because I did not believe a coach could actually understand me. Ariane changed that perception for me. Working with a bright mind who among many other things has been a founder and a CEO, who can draw the lines between being alone up there and being a human has helped me tremendously. I feel that our work together has helped me to become better human as well as a stronger leader. She is also helping me to become a happier mother." **Union Square Ventures, start up CEO**

"Working with Ariane is like putting a jetpack on your career path and personal happiness. With every encounter, she fills you with wisdom and thinking-points you can turn into almost immediate wins. If you want deep meaning and growth, Ariane's support will have a huge impact on your life and career." **Head of Marketing at Jobbatical**

"At O, The Oprah Magazine's recent event our magazine hosted 5,400 people, and Ariane de Bonvoisin was one of the three speakers we had lined up, with Oprah Winfrey herself, headlining. She really brought something so special to our event. I believe her words resonated with every woman in the room." **Samantha Page, editor in chief, The Oprah Magazine**

"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 from Ariane." **Rachael O'Meara, Google**

Ariane has spoken at the following prestigious venues:

