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# ARIANE DE BONVOISIN

LONDON  
SPEAKER  
BUREAU

- CEO and Founder of [First30Days.com](http://First30Days.com)
- Author of *The First 30 Days: Your Guide to Making Any Change Easier*



## Topics

- Business
- Change
- Coaching
- Entrepreneurship
- Leadership
- Management
- Mentoring
- Motivation

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Ariane de Bonvoisin is the Founder, CEO and Chief Change Optimist of First30Days, a New York City-based media company focused on guiding people through all types of changes, both personal and professional and social or global. The company, [www.first30days.com](http://www.first30days.com) currently features 60 life change subjects.

With a degree in economics and international relations from the London School of Economics, Ariane began her professional career at Boston Consulting Group and worked in over a dozen countries during her tenure. After receiving 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 US\$500 million digital-media venture fund. The Fund's mission was to take equity stakes in early-stage, potentially strategic, technology companies.

Ariane is currently MSN's Life Change Expert, a contributing editor to BusinessWeek.com, a Life Balance expert for Health Magazine and has appeared on dozens of TV and radio shows, including NBC's Today Show, the CBS Early Show, CNN Radio and ABC News Now. She is a Huffington Post contributor and has written articles for media outlets including Oprah Magazine, Good Housekeeping, Yahoo, Town & Country, Advertising Age, the New York Daily News and Reader's Digest among others. She has also been written about in Forbes and USA Today.

Ariane speaks frequently around the country and abroad on issues of personal and professional change, inspiration and motivation and the topic of mindful living and conscious business. She has spoken at companies such as Google, Twitter, Morgan Stanley, The IDB, KPMG, Essilor, Nestle. She has also been a keynote at events including Oprah's Conference, Maria Shriver's Women's Conference, the Pennsylvania's Governors Conference, the Houston and Boston Leadership Conferences, the Health Conference in NYC, the Multimillion Dollar Roundtable (MDRT) and other international conferences.

Ariane's most recent book entitled, "The First 30 Days: Your Guide to Making Any Change Easier" was published by Harper Collins in 2008 and reached the best seller list on Barnes and Noble and Amazon. She is also the co-founder of Mindful365, [www.mindful365](http://www.mindful365), a website and smart phone app that helps people live consciously a day at a time. She also hosts a popular on-line show, ChangeNation, where she interviews experts and thought leaders on all aspects of life changes.