

TALKS . KEYNOTES . LUNCH & LEARNS



# Andy Coley

COACHING . TRAINING . CHANGE

Award-Winning Trainer  
TEDx Speaker  
Regular Podcast guest



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Andy is available to speak at your organisation or event on a range of topics including:

## SHIFT HAPPENS

***"When the winds of change blow, some people build walls and others build windmills" ~ Chinese Proverb***

Do you love change? How about your team?

When change occurs, people can either fear it or run with it, often the fear comes from either what we don't know... or what we make up in our heads about what we think is going to happen. Andy's talk discusses how you deal with change, and the power that change has, especially small changes that very soon add up.

Whether it's mindset, behaviours, emotional shifts or connecting with the benefits from changes, Andy's interactive and thought-provoking talk can really add to your conference, workshop or away day and give you strategies to help you and those you work with to embrace changes, whether they are those you have chosen or those that have been thrust upon you.



KPMG - KEYNOTE SESSION

## RECENT TESTIMONIALS

*"Wow Andy, you really surpassed our expectations. Very grateful for the day, the team all found the session invaluable, you pitched it perfectly and we are now all set for our appraisals over the next few weeks. A massive thanks from Team Relish."*

**Monique Drummond - We Are Relish**

*"Andy attended our Professional Development day, and was a huge hit with our teachers! His backstory was so relatable and he immediately connected with his audience, posing some great questions for the team in the break out sessions. We hope to invite Andy to join us again in the future! Thank you Andy!"*

**Lisa Lean - Tiny Talk Head office**

## CUTTING THE STRINGS - PUTTING THE PAST BEHIND YOU

***"The only things holding us back are the invisible strings we've attached ourselves" - Andy***

When we're focused on past failures it can be destructive to our current outcomes, creeping into our dreams and even altering the way we filter and perceive what is happening to us right now.

Past relationships, projects, organisations or even past versions of ourselves can end up consuming a large amount of head space, becoming a real drain on our personal resourcefulness.

Andy talks about how you can't change the past, but you can change the way you think, feel and reflect upon what's happened and in doing so create a future that is much more empowering.

## THE ART OF BETTER CONVERSATIONS

***Communicate your wants, needs and vision with confidence and clarity***

How many times do we end up in a 'difficult' conversation in our personal and business lives due to a miscommunication or because something is stopping us from speaking up? Is it fear? Is it the unwillingness to rock the boat? Sometimes we feel it's easier just to simply not go there!

Andy looks at how such conversations affect your personal happiness and mental health as well as your career or business growth. He examines the dangers of misinterpretation & ambiguity plus some of the biggest mistakes people make when trying to put their point across.

He gives the keys to having better conversations via some simple and extremely effective tips.



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## AS SEEN AT

