



ABOUT ANTHEA

Anthea Armar is a coach, learning consultant and motivational speaker who values honesty, communication and a sense of adventure.

With over 18 years of organisational training experience, Anthea focuses on reshaping perspectives based on her experiences, challenging thoughts and offering new insights to empower you to create your own version of life, providing freedom and opportunity for you personally and professionally.

Anthea's down to earth humour and energy commands attention, engagement and the occasional giggle from the get go. You will feel motivated, inspired and open to possibility, long after she's left the stage.

**BSc (Hons), TAP Trainer, ICA
Insight Coach, APMG Change Management, BCS Business Process Modelling**

HOW TO BOOK ANTHEA

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ANTHEA ARMAR

COACH ■ SPEAKER ■ CONSULTANT

AMARKAI LTD

EMPOWERING FUTURE LEADERS TO LIVE A PURPOSE DRIVEN LIFE.

"The life you truly desire is only a mindset shift away."

Anthea Armar

TOPICS / TALKS (MINDSET & BUSINESS)

- The Power of The Mind
- Create a Life Through Fear
- How to Create Success in Life and Business
- Confidently Living on Purpose
- Creating Commitments / Habits
- Using Your Breakdowns as Breakthroughs
- Embracing Failure and Rejection
- Change Your Thoughts, Change Your Existence
- Make Room for Success

A.C.T. PROGRAMMES

Offering new perspectives using Amarkai Group's **A.C.T.** Framework (Accept. Create. Transform) on how to confidently navigate through life's daily challenges.

How To A.C.T.

An interactive workshop (face to face or virtual) exploring three steps to change your mindset in order to create success in life through action.

Mindset for Success

This video series speaks to the power of mindset in your circumstances and is based on the A.C.T. Framework. It is used to challenge limiting beliefs so that you can create a successful future.

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You have the most beautiful speaking voice. I love that phrase you used, "life is happening for us, not to us".

Amy Charland, Minnesota