



THE CEO'S CEO

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SOCIAL



PRAISE

"Nobody has impacted my entire life more positively than Avril. Her advice, followed directly, has led to a huge change in my fortunes, personal wealth, and above all, my wellbeing."

- Justin Megawarne. Co-Founder, Megaslice

PUBLISHED

The Kama Sutra of Work: Why Work is the New Sex and How to Make Sure You're Getting Enough

5 Stars on Amazon



Reviews:

The G-spot of the workplace

Yes, yes, yes!

An essential read...

AKA Madame Guillotine in Management Today

SOCIAL COMMENTATOR

Articulate | Feminist | Opinionated | Witty | Powerhouse of Knowledge | Irreverent | In-demand | Intelligent | Well-read | Author

Mentor and confidante to CEOs and high performers, Avril Millar, has an extraordinary story to tell, and is a bold, battle-scarred companion for her high-achieving clients.

At 68, she is opinionated and knowledgeable across many sectors and subjects. Avril is a voice of reason in an increasingly unreasonable world and she doesn't take any prisoners, nor bull sh*tters for that instance. No stranger to controversial views, she can hold her own with the best in any discussion.

Avril has had 5 distinct careers - Civil Engineer, maths and physics teacher, finance professional, entrepreneur and mentor. At the height of success, she lost everything - her marriage, health, business, money and self-esteem. She started again aged 50 with nothing.

The road back was hard and has been the best journey of her life, and given her the courage to speak truth to power and call out bullshit wherever she finds it.

This gutsy, fast-talking, no-nonsense Scottish Powerhouse worked smart to rise again, mentoring company directors across industries as diverse as IVF through to finance and music publishing; progressing their fortunes and her own.

Mother to British cycling sensation David Millar and Fran Millar, CEO of Team INEOS, the family are no strangers to resilience and greatness.

AVAILABLE FOR COMMENT ON

- Scottish, silver & successful - life as a sexagenarian entrepreneur
- Why work is the new sex
- Rising from the ashes
- Negotiating the woke minefield
- The need for rational fearlessness
- The end of Education as we know it
- Business survival when the ground has moved
- Why 'balance' is bollocks
- How to get noticed when you're working from home
- The need for men to advocate for women
- Leveraging your skills to create your 'pension'
- Reverse-engineering your life

EXPERT TRAINING TOPICS

- Business Strategy in tough times
- Management for grown ups
- Marketing in the real world
- Self-mastery (as a CEO or anything else for that matter)
- Prudent financial management - why you are to be your own 'knight in shining armour and not to rely on 'a single man in possession of a good fortune'
- Raising capital when everyone else is trying to
- Working out what businesses to invest in and why