

'Everything I touch turns to gold'

This self-described change strategist is on her way to becoming the next Anthony Robbins, writes **Sammie Vadas**.

Six months ago Tara Allen lacked focus, direction and time-management skills and found herself drifting away from the determination to achieve her goals.

"I was in dreamland," says Allen. "I was unfocused at school and never talked to my mum about stuff because I didn't want to worry her. I also pushed away my friends. Everyone around me suffered because of my stress."

Now the 17-year-old boarder from Geelong Grammar School, in Victoria, has an ambition to pursue a career in psychology and motivational speaking; a total shift from her initial passion to become a journalist.

Allen credits change strategist and motivational speaker Angé Wayne for this newfound confidence.

Wayne, 32, flies to Melbourne every four to six weeks to meet with Allen to initiate ways to make the school student feel more confident and comfortable with her choices in life.

Allen says those visits keep her on track. "Whenever I speak to Angé I go away feeling motivated, like I can achieve anything," says Allen. "We talk

about anything, from boys to dieting to how to get top grades at school."

Allen and Wayne email each other and talk on the phone for an hour every week. During Wayne's trips down to Melbourne, Allen leaves boarding school to spend the day with her.

"We do fun things like have coffee and go shopping," says Allen. "Then it doesn't feel like a 'mentoring' session. Angé and I set goals for me by focusing on the roots of how to achieve them."

'A client of mine once threw a bottle at my head because I exposed him to the bad side of his personality.'

Allen calls this goal-setting process "The Sydney to Paris Formula," which was devised by Wayne who believes Paris is a desirable location that symbolises beauty and joy of life. Allen says it is based on starting at the 'beginning'.

"You need to take small steps to get anywhere. Angé's technique stems from her belief that whatever you put into the

universe, keep it clear, and you're likely to find it," she says.

Wayne has seen Allen grow during their time together. "Tara has learned responsibility to take leadership of her current mindset," says Wayne. "She has become solution-driven and she has also learnt to call me to ask if she needs help and no longer her mum."

Wayne launched her company Angel Change in 2006. Since then she has amassed a wide range of clients, from business men to 10-year-old girls.

"Ninety per cent of my clients are male," says Wayne. "This is because women are more comfortable with dealing with their emotional side and asking questions. Men find it a 'weakness' to explore their emotional side.

"On the other hand, Tiger Woods has a coach, kings and queens have advisors, so it's reasonably acceptable now."

Wayne says part of her job is to "help clients effectively make better decisions based on what they want; the truth. I use the same method on every client, that is, connecting the heart to the head."

Wayne compares herself to the fictional characters from *The Matrix*



Photo: Sammie Vadas

films, Trinity and Neo. The pair have been chosen to be the saviours of mankind and manipulate their computer-simulated reality to make the choice whether to return to normal life or stay in the computer.

"Take the red pill or the blue pill," Wayne says, referring to the choices she encourages her clients to make.

"I am not a life coach," says Wayne. "I don't say, 'Come to me and I will make your life better,' I say, 'Come to me and I will help you change.'"

Wayne describes herself as an alchemist. "Everything I touch turns to gold," she says. "Every client I work with changes and become more

successful. And I always have a 100 per cent success rate."

Wayne doesn't read newspapers and she doesn't own a TV. "When a client comes to me I am totally unaware of the 'outside' world," she says.

"They bring me into their own little bubble, which they want me to help change. And it's OK if a client leaves and only decides to wear the shirt without the rest of the suit.

"It might take them two weeks or six months until they're ready to put the pants on. It's about choice.

"I actually get my clients to sign a pre-contract or documentation to say 'Are you sure you want to change? Because

this program will be hell on earth until you start seeing the light.'"

Occasionally, Wayne's clients find it hard to handle her criticism.

"A client of mine once threw a bottle at my head because I exposed him to the bad side of his personality by projecting his ego through acting it out in front of him," Wayne says. "I'm very good at projecting people's emotions that they don't want to see and are hiding from."

Amir Zoghi, from Injoy Freedom, based in Sydney, is a speaker and self-described "modern-age philosopher" who has known Wayne for one year.

"Women speakers are becoming important in the motivational speaking industry and are going to the top because they are passionate," he says. Zoghi met Wayne whilst hosting an event for women called Women Empowering Women.

"Angé is an extremely passionate speaker. There is a difference between speaking knowledge and actually implementing it in your everyday life, and that is what Angé does," Zoghi says, "she lives what she teaches."

As a child, growing up in South Africa, Wayne always knew that she was different. "I always found myself accomplishing a hundred more things in one day than anybody else." She says this prompted her to "drive change".

"I am so serious about waking people up," Wayne says. "I want to shift mindsets on a large scale. People say I am the next Anthony Robbins."