



“Oskar's expert knowledge coupled with some truly useful coaching tools will put you in a great place to push your business forward.”
Mark Stimpson, Upward Thinking.

About:

With more than a decade of experience, Dubai-based Oskar Andermo and his consultancy Chikara Consulting has worked with clients around the world as a Certified Coach, Mental Trainer and NLP Practitioner.



Apart from working as business coach, speaker and trainer he is also the Regional VP for Helmsbriscoe in the Middle East – the biggest venue finder in the world.

In addition, he is Founder of Strategic Tech Coaching, a coaching methodology that mixes coaching with technology. In hand, Oskar is the author of “Smartphone Coaching System,” which outlines tools and strategies to find greater success in business by utilizing you smartphone.

Originally from Sweden, he has lived in more than a half-dozen countries. Oskar has resided in Dubai since 2007. He earned a Bachelor’s degree in Hospitality from the IHTTI School of Hotel Management in Switzerland.

Media:

Oskar Andermo and his unique approach to coaching is regularly featured in media. Below are some:



Keynotes:

Technology for a better life

Remember "Kodak moment"?

Technology is changing entire industries. Airbnb is the biggest hotel operator although it does not own any hotels. Uber is the biggest taxi company although it does not own any cars. If your company does not

constantly innovate and keep up to date, you will go bankrupt. If you personally do not keep your skills up to date you may soon be out of a job. Oskar gives us the latest update on technology and how it impacts us and how we can use it to serve use. A glimpse into the near future - self-driving cars? Robots? 3d printers?



MMM - the key to a great life?

Mindfulness, meditation and mental training have been practiced for 1000s of years. Lately, more and more research is starting to confirm the health benefits. Mindfulness is the latest trend amongst stressed executives.

During this hour-long presentation you will learn the basics to get you started. 10-20 minutes daily will have a profound effect on your life.

Oskar is a certified mental trainer and will show you practical tips and tricks that you can start using immediately to make your mind stronger.

Cross culture (miss) communication

Today most organizations are global and multicultural. This can cause frictions and misunderstandings that can be costly and affect the moral and motivation of the employees. Capitalizing on everyone's skills and managing conflicts properly is crucial when working with different nationalities. Oskar has lived all over the



world and has interacted with more than hundred different nationalities (there are 195 countries in the world).

We look at research on national culture and the group will go through various exercises so that they can work together more effectively and bridge cultural misunderstandings.



TUGS – The Ultimate Goal Seminar

Since 2014, Chikara Consulting have been running an unforgettable event for people and companies looking to achieve more out of their life and reach their goals. **TUGS - The Ultimate Goal Seminar.**



In Dubai the event takes place in the heart of the desert as the sunsets behind the dunes, starting with a seminar conducted by established coach Oskar Andermo. Exercises are carried out as the sunsets and the fire is lit, giving plenty of time for reflection while the surrounding nature allows the mind to open up and be inspired. The small group (of 12 maximum) are then free to enjoy a BBQ and shisha in peace and tranquility under the Arabian night sky, far removed from the city or any desert safari camps, before a final reflection and discussion.





Some testimonials:

"A mixture of Oskar's own experiences and research made this a very interesting lecture! In an increasingly global world, it becomes extremely important to understand different perspectives and take advantage of everyone's skills "

Christer Axén, leadership and organisational consultant

"With humour and facts, Oskar Andermo gives you a tour of culture clashes and of why certain conflicts arise in work environment and personal life alike. He effectively finishes off old ideas as biased and narrow-minded, such as the thought that eating with knife and fork is more advanced than emptying the bowl with chopsticks or your hand. And he does so without handing out a dish of shame. You are bound to recognise yourself and people you usually get irritated at with a humbling and funny familiarity. With his experience from different countries and interest in culture differences, Oskar is an ideal lecturer at any workplace, especially in a city like Dubai."

Malin Pihlgren,

"Setting goals is essential to achieving good results. Making it in the amazing desert environment led me to think bigger, bolder and braver. Great inspiration and coaching by Oskar Andermo in a magical setting."

Eva Karlsson

Consultant in leadership and communication

"As a business owner there is always one more email, one more meeting or one more call to make before I can schedule time to think about me and what my life goals are. The goal setting seminar in the Dubai desert was an invaluable experience. An amazing setting to take time to truly think about my life goals, meet new people and even better to leave with a clear action plan. "

Fiona Swaffield

Owner & Event Director – Siren Events

Managing Partner – MY PA Outsourced