

EP15 Show Notes- Staying Motivated with Ade Adeyemi | @OladeConsulting

I'm always curious how people chose to stay motivated as they pursue their goals and dreams. I always want to know what beliefs they may have, or what tools or skills they use to stay motivated, because as we all know, it gets hard sometimes and you feel like you want to quit.

To talk about this, my guest today is a very good friend of mine; I've known him for close to 25 yrs, I'm always inspired by what he does and who he is as a person. He has also been on a personal development journey the last several yrs, and I'm so proud to see how far he's come. My guest today is Ade Adeyemi, and he is the founder of Olade Consulting, a Global Management Consulting Firm based in Toronto, Canada. They provide training & job placement programs for professionals looking for careers in IT & Project Mgt. He is also a mentor to young professionals looking to grow and advance their careers, and he is involved in a lot of community work here in Toronto, and also in Nigeria. I'm honoured to have him on the show with me today, and I'm so excited for you guys to check it out.

Thanks for listening 😊

Questions for Ade

Emeka: Why did you decide to start your own Consulting Business? How did you get started? Talk me through it.

Ade: For me it's all about empowerment, for myself and for my family. This all started for me back when I worked in IT Project Management, and at the time I wanted more out of life and everything life offered, I was always seeking something. One day I was at work and a commercial came on (67 Steps by Tai Lopez) talking about growth and development, and it spoke to me. I enrolled in the program and also started reading books, and one day I woke up and told Lola my wife that I wanted to start my own company. Getting started wasn't straight forward; we had to develop training programs, started with a basic structure and developed it from there, and began to expand on my network of IT professionals, which wasn't easy.

Emeka: What are some of the biggest challenges you face in business normally, and how do you overcome them?

Ade: The challenges we faced then are completely different from the challenges we face today. The initial struggle had to do with coming up with new and innovative ways to deliver value while maintaining our finances and expenses. Lola had to hold two jobs to help support as we were in the early stages of growing the business. I'm also a strong believer in people, and surrounding yourself with the right people is very important and can be a challenge. So this relates to people management and building strong relationships with people and existing clientele, while establishing new relationships.

Emeka: How do you stay motivated? What things do you do or what process do you follow?

Ade: I read a lot of Self Help books; I also listen to motivational tapes and audio books as well. For example- The Seven Spiritual Laws of Success by Deepak Chopra. In his book, he talks about the 7th Law – The Law of Dharma; which talks about your purpose in life. Also Think and Grow Rich is a book I read every year, and one of my favourite Chapters is about- Organized Planning, and it provides a lot of interesting concepts and tips that help with planning.

Emeka: Why do you think some people find it hard to stay motivated? FU- What advice would you give to someone who struggles with staying motivated?

Ade: I think it's important to first of all describe what that lack of motivation is, because it could mean different things to different people. For someone who is lazy, the person may not have discovered their purpose in life, and that could create a lack of drive for them. Without a driving force, or something that gets you out of bed in the morning, it can be very easy to lack motivation. So I think it's important to find that passion that you love to do, or something that gives you a sense of purpose. And this is why good parents are a great example of people who stay motivated, because when I see friends of mine who are parents and are super exhausted from work and family life, yet they keep going because they have to provide for their family, that's a huge motivating factor. Also people who are really into fitness and working out, they find motivation in their workouts and their health.

Emeka: In your own words, how would you define success?

Ade: The definition of success is a work in progress and changes over time for me. My definition of success changed when I was in High-school, University and is different now. I like this quote on success is by John Wooden- "Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming" meaning you tried your best to become your best. Also I like LeBron James' response to a reporter after he lost to the Golden State Warriors in the 2018 finals; he said he had no regrets, and that he did his best to put himself in a position to succeed.

Emeka: If you could go back to when you started your business, what would you do differently?

Ade: I think for me it would be managing certain relationships better. Because based on what I know today, I would have handled things differently. But I am a big believer in having No regrets in life, you just live and you learn, and continue to grow.

Emeka: What's next for Olade Consulting?

Ade: For Olade it's about continuous improvement, and looking for ways to be innovative and expand. Develop our training programs and look for ways to improve and deliver value to our clients. We are also looking into different ways to develop our network while nurturing our existing network.

Emeka: If you could send a message to yourself 20 years ago, what would you tell the younger Ade?

Ade: I would tell him the same thing I tell my nephew and niece, be courageous, meaning step into the unknown, let things materialize. I would also tell him to be more personable, which allows you to build relationships, and be more vulnerable, less guarded. Lastly I'll tell him to be present in the moment, to truly experience life in all its beauty, be present in the moment.

Emeka: If you could sit down and have a conversation over lunch with anyone in the world, who would it be and why?

Ade: It's easy- **Barack Obama**. He is an inspiration to our generation. I think he represents that "You can do it" mentality. I also feel I can relate to him and his story, he is African, I'm African. He started in community development, which is something I am really involved in. I would also want to ask him a lot of questions, to know how he was able to operate at a very high level against all odds from the Republicans.

Emeka: How can the audience learn more about you and Olade Consulting? Can you share your social media handles & website address?

Ade: We are a Management Consulting Firm, and we specialize in IT Consulting in areas of Staffing and training development. Please reach out to us at our website- www.oladeconsulting.com; LinkedIn, IG, Facebook & Twitter [@OladeConsulting](https://www.instagram.com/OladeConsulting); Email address is info@oladeconsulting.com