

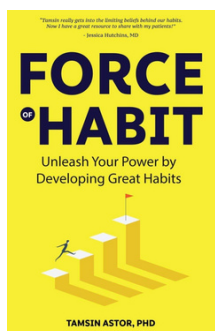
HABITS CREATE CULTURE!

Dr Tamsin Astor is a Fractional Culture Architect | Neuroscientist | Habit Scientist for Teams, Systems & Leaders



Dr. Tamsin Astor helps leaders and their teams build the habits that drive success and change the ones that don't. Blending cognitive neuroscience with nervous system science and ancient wisdom (breathwork, mindfulness), she works as an embedded partner rather than a one-off consultant: from a single session to group programs, retreats, and ongoing culture coaching. Her work turns daily habits into the bridge between a team's vision and its reality: moving leaders from reactivity to regulated, creative, conscious leadership. Tamsin holds a PhD in neuroscience and psychology and a post doctorate in education. Dr Tamsin has certifications as a Facilitator, a Conscious Leadership Guide and in yoga (RYT500, Yoga Ed.), mindset & Ayurveda (Living Ayurveda, Yoga Health Coach). She is an executive coach and author.

AUTHOR



DR TAMSIN'S EXPERT TOPICS

The 3 Keys to a Life You Love & a Business That Thrives: A Neuroscientist's Framework for Aligned Success

Change Your Habits, Change Your Life: The Neuroscience of the 5 Habits Quietly Sabotaging Your Performance — and How to Rewire Them

The Conscious Leadership Edge: The Human Advantage (also 6-week program)

Mindset 2.0: A Neuroscience-Backed Approach to Managing Your Mind and Elevating Your Performance

Culture as Infrastructure: 5 Ways to Build the Kind of Culture That Raises the Bottom Line

Pause, Notice, Choose: How Conscious Leaders Transform Communication and Creativity

Role Overload: A Nervous-System Approach to Managing Your Roles and Navigating out of Overwhelm



COACH

"Tamsin never handed me a generic productivity system. Instead she helped me build habits that fit my real life. What sets Tamsin apart is that her coaching sticks. She's warm & listens closely, but she'll also gently call you on the story you're telling yourself. I can't recommend her enough.

- Lakisha Barclay, CAE, EA, Exec Director & CEO

PODCAST



SPEAKER & GUIDE

"Tamsin is an engaging and illuminating speaker that will hook any audience into a new and highly focused mindset. Her content is backed up by research and presented in a highly motivating style. Don't be afraid to book Tamsin for your next conference!"

- Bhupinder Anand, CEO

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AVAILABILITY

Nationwide by arrangement
Based in Brooklyn, NY