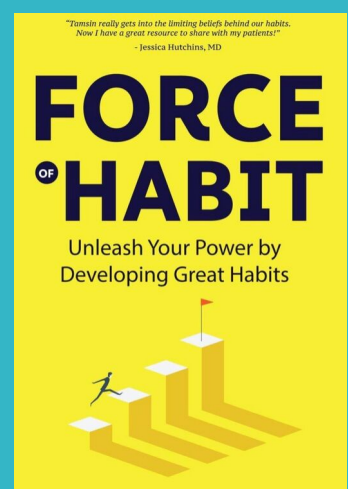
A close-up portrait of Tamsin Astor, a woman with brown hair and blue eyes, smiling warmly. The image is partially obscured by a white diagonal shape on the left and a teal diagonal shape on the right.

CHANGE YOUR
HABITS,
CHANGE YOUR
LIFE



We make 35,000 decisions every day. This leads to decision fatigue. Tamsin, your Chief Habit Scientist, helps you create connections between your daily habits resulting in more personal time & energy.

Tamsin Astor, PhD
Author





AUTHOR SPEAKER COACH

- *Podcast host and guest
- *Expert guest on Science of Habits
- *Featured in numerous publications

Tamsin Astor holds a PhD in neuroscience and psychology and a post doctorate in education. Also, certifications in yoga (RYT500, Yoga Ed.), mindset & Ayurveda (Living Ayurveda, Yoga Health Coach). She is an executive coach and author. For more info, click [here](#)

Dr. Astor is available for corporate, business owners, professional business men and women's groups/conferences, etc.



CONTACT:

info@TamsinAstor.com

216.313.6569

TAMSINASTOR.com



Topics for Keynotes, Seminars and Lunch & Learns:

- **Change Your Habits Change Your Life:** Discover the Way your Habits are Negatively Impacting Your Life and Learn How to Change Them!
- **Mindset 2.0:** An Innovative Approach to Managing Your Mind to Create the Life & Business You Want
- **Improve Company Culture and Increase the Bottom Line:** Reorder engagement habits, fine-tune responses and cultivate connections
- **Manage Stress & Improve Focus** Through Dr. Tamsin Astor's Ayurvedic Approach to Holistic Health