

A close-up portrait of Tamsin Astor, a woman with brown hair and blue eyes, smiling warmly. The background is a soft, out-of-focus grey.

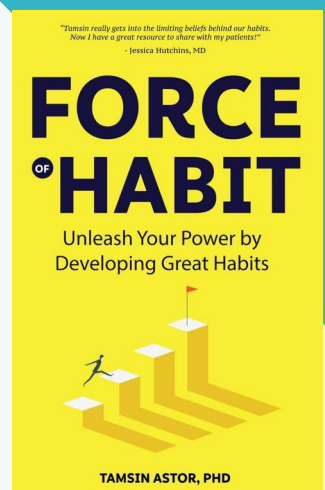
CHANGE YOUR HABITS, CHANGE YOUR LIFE:

Discover the Negative Habits
Standing in the Way of Your
Satisfaction

Are you a self-driven, hard-working person who rarely make your own needs a priority? All the other voices demand immediate attention and leave little time for personal care. We make 35,000 decisions every day leading to decision fatigue.

Dr. Tamsin Astor, your **Chief Habit Scientist**, helps people to create the necessary connections between their daily habits and routines in order to clear the path for 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 on Tamsin click [here](#)

Dr. Astor is available to speak for groups and conferences, work-life balance groups, holistic/wellness on topics such as:

**Body Issues* No Personal Time *Sleep Deprivation
*Struggles with Self Worth * Multi-Tasking Fatigue**



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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
- **Daily Habit Audit:** Pinpoint Where You Are Losing Time & Energy
- **Super Rituals for Super Achievers:** Strategic Planning to Dissolve Overwhelm and Fatigue
- **Catch More ZZZZs:** Uncover the Healthy Rituals that Guarantee Nourishing Sleep
- **Weight Management Tools that Actually Work:** Dr. Astor's Blueprint for Holistic Living