

# CHANGE YOUR HABITS!

Dr Tamsin Astor will give you the tools to you shift your mindset, organize your vision, and improve your habits, to create an efficient, productive business.



**Whether you work for yourself or you're an employee at a large organization, you face the same challenges regarding balancing financial productivity & pleasure.** As your Chief Habit Scientist, Dr Astor helps you and your business organize their daily habits, collate visions and transform their mindset, resulting in prosperity in all areas. 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.

"Tamsin really gets into the limiting beliefs behind our habits. Now I have a great resource to share with my patients!"  
- Jessica Hutchins, MD

## FORCE OF HABIT

Unleash Your Power by Developing Great Habits



TAM SIN ASTOR, PHD

## Story Ideas

- The 3 Keys to Creating the Life you Want & Business That Thrives
- Change Your Habits Change Your Life: Discover *the 5 Ways* your Habits are Negatively Impacting Your Performance & Learn How to Change Them!
- Mindset 2.0: Learn the innovative Approach to Managing Your Mind and Achieve Better Performance Evaluations
- Improve Your Company Culture and Bottom Line: 5 ways to Build a Culture That Raises the Bottom Line
- What is the Ayurvedic Approach to Holistic Health and How Can it Reduce Stress & Improve Focus
- Daily Habit Audit: Pinpoint the 5 places Where You Are Losing Time & Energy
- Super Rituals for Super Moms Strategic Planning to Dissolve Overwhelm and Fatigue & add more fun into your life
- Catch More ZZZZs: Uncover the Healthy Rituals that Guarantee Nourishing Sleep

## AUTHOR

Interviewed on:



## SPEAKER

"Tamsin is authentic & deeply knowledgeable! I can make tangible changes to my daily routines to increase my productivity!"

- N. Cerri, EVP

## COACH

"Tamsin got me to answer questions about why I do and don't do things for myself. I used to look for solutions outside of me, but not me. NOW I look to myself."

- PN, Veterinarian

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AVAILABILITY  
Nationwide by arrangement  
Based in Cleveland, Ohio