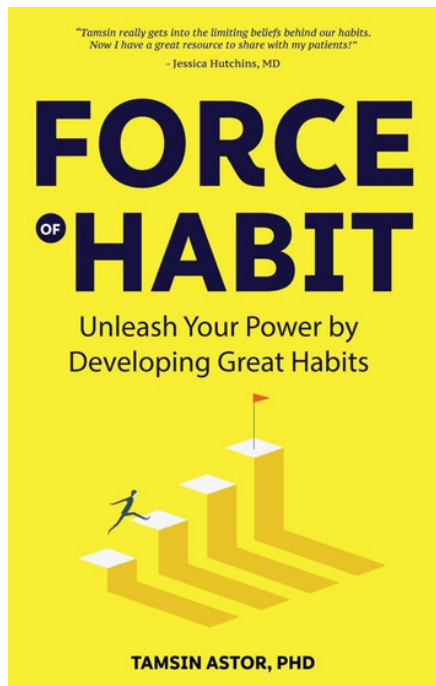


CHANGE YOUR HABITS!

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's Expert Topics

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!

The Mindful Leader - ALSO a 6-MODULE Executive Training Program

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

3 Steps to Habit Mastery: Change Your Habits, Change Your Life

Super Rituals for Super Moms Strategic Planning to Dissolve Overwhelm and Fatigue & Add More Fun into your Life

The Great Resignation & Retention: Understand & Manage the Personal & Organizational Effects of Stress

Role Overload: Manage your Roles & Navigate out of Overwhelm

AUTHOR



The Premier Association of Financial Professionals®



SPEAKER

"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

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

TamsinAstor.com
Tamsin@TamsinAstor.com
@TamsinAstor



AVAILABILITY
Nationwide by arrangement
Based in Cleveland, Ohio