



### 3 KEYS TO CREATING SUCCESSFUL HABITS FOR WORK & LIFE

with Dr. Tamsin Astor

Complimentary to IMS Members (US) per person

VIRTUAL SESSION (1-HOUR)

## 3 KEYS TO CREATING SUCCESSFUL HABITS FOR WORK & LIFE

There are many approaches to finding success and spectacular productivity in your personal life and business life. These include a variety of different psychological approaches and social-emotional tools, and practical steps to implement. Often there is a focus on either way too many options or a single focus, which negates the complexity of the roles that we humans embody! We often "should" on ourselves or allow others to "should" on us, which makes walking the path of success incredibly hard.

Join Chief Habit Scientist, International Speaker, and Author Dr. Tamsin Astor, to learn how her personal life story revealed the three keys and how they became the foundation for her life and her clients. Participants will have the experience of diving more deeply into one of the keys and walk away with a useful technique to implement in their own lives.

## DR. TAMSIN ASTOR

Tamsin Astor, PhD is the founder and Chief Habit Scientist of Yoga Brained Coaching. She is known for giving her clients the tools to shift their mindset, organize their vision, and improve their habits to create an efficient, productive business. We make 35,000 decisions every day, which leads to decision fatigue. Dr. Astor helps her clients reduce the amount of overwhelming decision-making they do by harnessing their goal-achieving machine - AKA - their brains. This also increases their time and energy for fun!

Prior to coaching, Dr. Astor was an academic and then a consultant, using yoga and meditation to support children and therapists, and teachers and students, on the ADHD and autism spectrum and in struggling inner-city schools. Dr. Astor is non-judgmental and compassionate, connecting multiple certifications to provide insight and support to her clients and to motivate and inspire others in her workshops, keynotes, and presentations.

Tamsin Astor holds a PhD in neuroscience and psychology and a post-doctorate in education. She is an executive coach and author of the book *Force of Habit: Unleash Your Power by Developing Great Habits*.

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