



SECOND CURVE

TOM CASSIDY FACILITATOR & COACH

Whether you are interested in navigating a transition at work or in life, thriving under the increased pace of change, dealing effectively with uncertainty or accomplishing a workable balance with complex challenges of family, work, health, relationships, personal growth and achieving life aspirations. I am fascinated about how you can achieve your goals.

My approach is to develop you as a whole person, by listening and connecting with your purpose and providing an environment of empathic understanding, challenging self-limiting beliefs and creatively thinking of ideas then you can make steps towards the sunlight of your second curve, whatever that may be.

We often reach plateaus in life where we get stuck for some reason, or want more confidence to step out into the world towards what we want to achieve. Coaching can help you to locate where you would like to experience more freedom, choice, excitement and courage in your life.

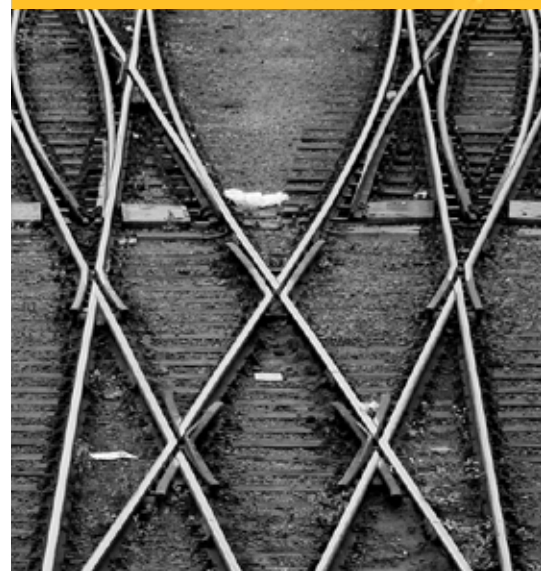
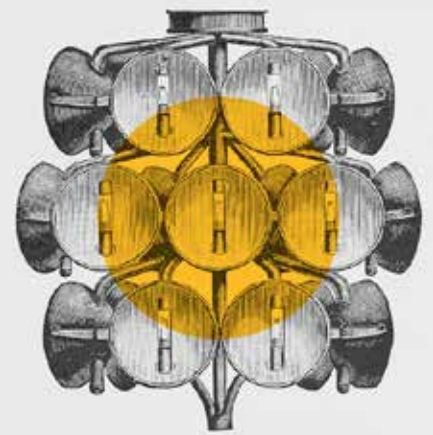
Training and Background

I have been working as a coach for the last ten years. With a background in psychology, I worked in big businesses internationally before setting out on this adventure. I trained initially as a coach in London and Dubai. This gave me lots of information and huge drive to find out what works. During that time I have been trained in dealing with the inner critic, researched and written programs on leadership, networking, productivity, handling pressure and growing presence.

I have a MSc in Psychological Coaching, which deepened my understanding of the coaching process, opportunities and tools to help. It means my coaching is informed by person-centred and gestalt practice. My supervision is currently focused on experience-near coaching, which means that I will work with you to use your full spectrum of centres of intelligence. For example, we tend to be cognitive or intellectual dominant, which means we try to think our way through a problem. However, as you know, just thinking about something doesn't always lead to change and often creates a certain amount of anxiety. Therefore engaging with you physical 'gut feel', instinct, intuition, creative centres as well as emotion and experience. Not as daunting as it may sound, yet very powerful for unblocking barriers.

Some areas I love to work in are: building resilience, thinking about transitions, daring to be different, enhancing creativity and developing a strong personal proposition of who you are.

I have also worked with many clients on protecting their quality of life, enhancing energy, confidence and self belief. Because of my sports training I also use a lot of techniques from sports psychology to help achieve peak performance.



Any other information

The best way to engage with coaching is to start. Given that you have found me here, you are probably already in the contemplation stage of change. Next up is preparation, which means having a relaxed conversation initially about what you are looking to achieve and what's happening at the moment. Even this can be transformative and is without charge or commitment. It will give you a chance to find out if there is more you would like to explore. Finding the right coach is really important, so I invite you to make that step.



I HAVE HAD MULTIPLE PEOPLE PROACTIVELY APPROACH ME TO LET ME KNOW HOW GOOD THEY THOUGHT THE SESSION WAS – GOOD TOPIC, EXCELLENT FACILITATION, IMPACTFUL, DYNAMIC, HUMOROUS AND GOOD TAKEAWAYS.

HERE ARE WHAT TOM'S CLIENTS HAVE SAID ABOUT HIS WORK

"You are an inspiration and a pleasure to work with!"

"The session this morning was awesome! I am yet to see a more charismatic speaker / facilitator."

"Thank you for another excellent session on branding and networking. You went down a storm and great to see so many people engaged."

"What is great is that from my team, they have found common ground with colleagues from other clusters and are already sharing best practice e.g. their excel newsletter (!) which is a sign that what you said was not only listened to but heard!!"

"Thank you for all the work and session over the last couple of days. We have all found them very valuable and insightful and I think will help us a great deal in our team. Personally there were some real light bulb moments – so thank you!"

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