



Simon Thomas

Senior Consultant

I help move people from surviving to thriving.

About

Simon spent 20 years in operational leadership roles for UK retailers before retraining as a coach, facilitator and stress management specialist.

He combines commercial understanding with a practical, people-centred approach to leadership, coaching, mentoring and personal development.

He now helps leaders, athletes and teams find their shine, build resilience and do their best work through coaching, therapeutic mindset work and facilitation.

Approach



Blends leadership experience with therapeutic training to help people thrive.



Designs & delivers interactive, energising learning experiences for organisations and individuals round the world.



Offers confidential stress management, coaching and hypnotherapy support.



An advocate of emotional intelligence, using a range of psychometrics and concepts.

Experience



Delivered leadership and wellbeing programmes for KPMG, Leeds & Sheffield NHS Trusts and the UK Civil Service.



Supported the Royal Air Force, HM Prison Service and NHS Pharmacy Services.



Brand Experience trainer for Lexus/Toyota around the world.



Qualified Hypnotherapist, Stress Management Specialist, Mental Health First Aider and Suicides SAFETalk.

Qualifications and credentials

Level 7 Coach & Mentor

ISMA Accredited

Dip HPsych

Hypnotherapy Practitioner

MHFA

Stress Management Cert

Diploma in NLP

CIPD Level 7

BSc (Hons)

Thoughts lead to emotions. Emotions lead to behaviour. Change your thinking, and the rest will follow.