

# TOM ARMSTRONG

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## EXECUTIVE COACH & FACILITATOR

BBS, MSc, AC Accredited Executive Coach

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### AREAS OF CHANGE

- Individual & Team Coaching
- Organisational Development & Positive Change

### SPECIAL INTERESTS

At a macro level, leadership and team development for accountants and business people with particular emphasis on emotional intelligence and effective communication. At an individual level, what makes people tick, playing to strengths and charting sustainable pathways.

### CONTACT INFORMATION

tom@seven.ie

### ABOUT TOM

Tom is an Accredited Executive Coach, Facilitator, Mentor, and former Chartered Accountant. He has over 25 years business experience across a variety of levels from operations to board level. He works mainly with leaders and managers across multiple private and public-sector organisations. Taking a whole person approach, Tom brings a unique mix of humanity, authenticity, open-mindedness, and curiosity to his work, creating a safe and confidential space to explore ideas, options and a way forward.

### WORK AT SEVEN

Tom works with individuals, teams and organisations to enable them to be more effective, act with greater authenticity and achieve better results for all. He draws on his business background and his Executive Coach training and experience to help clients achieve sustainable outcomes. He is an experienced practitioner in the use of several psychometric tools to inform and add richness, depth and perspective to individual and team development.

Tom is qualified in Insights Discovery, ECR and ECR 360, BPS Personality Assessment and Personal Profile Analysis (DISC).



### LIFE BEFORE SEVEN

Tom was the Finance Director of Toyota Ireland and the CFO of Killeen Group Holdings before pursuing a career in Executive Coaching and Consultancy

Tom facilitates the Association for Coaching's regular Co-coaching Dublin forums. He contributes articles on Executive Coaching to Accountancy Ireland.

### APPROACH TO POSITIVE CHANGE

Tom has an interest in people development and positive change that pre dates his work as an Executive Coach. This stems from his personal experience as a young footballer and in particular, as a coach where he witnessed the flourishing of young footballers through the provision of an encouraging, honest and safe environment. His coaching training and ongoing CPD gives him a framework to build on these strong foundations.

### MORE ABOUT TOM

Tom's business experience includes motor, investment, pensions, property, hotel, equestrian and family office.

He is the youngest of five siblings and is married with three young adult children.

Tom has a love of sport and the outdoors. He is an all year round sea swimmer, plays tennis, cycles and walks the family dog. Recent injuries have persuaded him to pull back from football and road running.

Tom continues to coach football with a local organisation that supports people with intellectual disabilities.