# TOM ARMSTRONG



## EXECUTIVE COACH & FACILITATOR

BSC, MSc, AC Accredited Executive Coach

**AREAS OF CHANGE**
- Individual & Team Coaching
- Organisational Development & Positive Change

**SPECIAL INTERESTS**
At a macro level, Tom is particularly interested in leadership and team development for people in organisational and business settings with an emphasis on emotional intelligence and effective communication. At an individual level, he is interested in what makes people tick, how they play to their strengths and how they manage challenges in a sustainable way.

**CONTACT TOM**
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**ABOUT TOM**
Tom is an Accredited Executive Coach, Facilitator, Mentor and former Chartered Accountant with over 25 years' experience supporting leaders, managers and executive teams across public and private sector organisations.

Taking a whole person approach, Tom brings a unique mix of humanity, authenticity, open-mindedness, and curiosity to his work. He creates a safe and confidential space to explore ideas, options and clear actions and sustainable outcomes.

**WORK AT SEVEN**
Tom works with individuals, teams and organisations to help them enhance their effectiveness, act with greater authenticity and achieve better results for all. He draws on his business background, Executive Coach training and experience to support clients in achieving sustainable outcomes.

He is experienced in using several psychometric tools to inform and add richness, depth and perspective to individual and team development, and is qualified in Insights Discovery, ECR and ECR 360, BPS Personality Assessment, Personal Profile Analysis (DISC), and the Foundations in Team Coaching Certificate (Performance Edge – ICF approved).

**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 facilitated the Association for Coaching's regular Co-coaching Dublin forums for several years. 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.