



lead self  
lead others  
moving your story forward

**My name is Thomas Thompson. I love my life.**

I coach leaders through conversations that get them moving forward to live well and finish well.

**Think of me like a personal trainer.**

When you engage a personal trainer, you are seeking to reach a physical potential, to lose weight, run a marathon, gain muscle, or maintain health. A personal trainer identifies your goals, what kinds of exercises would fit your unique body, creates a custom workout plan, and works out with you until you hit your target.

**I do the same thing, but with leaders lives.**

- If you are facing transition in your life or career, I can help you navigate that.
- If you are looking to lead healthier and more productive teams, I can help you develop them.
- If you are considering a sabbatical, I can guide you and your organization through that process.
- And if you are realizing that you need sustainable rhythms in your life so you can live well and finish well, we can make that happen together.

**I'm a problem solver. I help you figure out where you are, where you want to go, and how to get you moving forward.**

And I've teamed up with Lead Self Lead Others, an industry leader for coaching and consulting excellence. We've successfully coached over 3,500 leaders, issued 1,800+ Birkman® assessments and 360 performance evaluations, and designed and conducted 200+ individual and corporate surveys.

If you are stuck, running in circles, or plateauing in an area of your life or career, I can help you begin to develop a game plan for living up to your true potential.

**Could I serve you, your team, or your organization? I'd love to! Reach me at...**

● [tthompson@leadselfleadothers.com](mailto:tthompson@leadselfleadothers.com) ● 719.237.3399 ● [www.leadselfleadothers.com](http://www.leadselfleadothers.com) ●

## KIND WORDS FROM PEOPLE I'VE WORKED WITH...

“Thomas has been a great source of encouragement, insight, and thoughtfulness as he has walked alongside me in my first year of executive leadership. Thomas is a patient guide who has years of personal experience to draw from with helpful insights and encouragement.”

- **Stu Davis, Executive Director, COSILoveYou**

“Thomas was able to show me an area where I was believing something about myself that was untrue, and gave me some simple steps to clear that out. He illuminated my strengths and helped me see how I was uniquely suited to help lead my organization forward. He has a brilliant gift for listening, asking the right questions and bringing to light exactly what needs to be uncovered. Thomas is the perfect coach if you want to quickly reach your full potential. Each time we met I learned something profound that helped me get to a new level in my career, relationships, and life in general.”

- **Adrienne Tuck, Business Development Manager,  
GH Phipps Construction Companies**

“Thomas is helpful, affirming, and non-judgmental. He understands people well and empathizes with their needs and desires. Thomas is the perfect coach if you are wanting to take a step back and think about the bigger question of life - Who am I? Why am I here? What should I be doing?”

- **Gary Cantwell, Chief Communications Officer, The Navigators**

“Thomas is a refreshing blend of wisdom and sincerity mixed with incredibly helpful and practical insight. Thomas is the perfect coach if you are wanting to maximize your life and leadership, and navigate areas where you are stuck.”

-**Jonathan Cleveland, Senior Pastor, Pulpit Rock Church**

“My experience from my coaching with Thomas was a sense of peace in the conversation. There is wisdom in his responses and he asks powerful questions. He is an incredible servant leader and is genuinely interested in your well being.

-**Adam Edwards, Technical Director, 50th Operations Group,  
United States Air Force**