



Tom Dalton

*Performance, Leadership and
Professional Development Coaching*



Tom is the Founder of Strive HQ, an MC, two-time TEDx Speaker, qualified drama teacher (Irish Board of Speech and Drama), and Performance & Mindset Coach. He also holds a Level 8 Certificate in Sport and Performance Psychology.

With a background in public speaking, behavioural psychology, and executive development, Tom delivers practical, inspiring training that is rooted in his background and experiences. He has spent over a decade coaching individuals and teams to unlock their potential.

Unlock Your Potential Series

Transform performance. Elevate mindset. Drive results.

The Unlock Your Potential series is a high-impact, experiential program designed to help individuals and teams bridge the gap between potential and performance. Through a blend of practical training, engaging discussion, and real-world application, participants gain the clarity, confidence, and tools to perform at their best - both personally and professionally.

1. Goal Setting for Growth

From Intention to Action

Clarity drives performance. This session empowers participants to set meaningful, achievable goals aligned with their personal values and organisational objectives. Through practical frameworks and reflective exercises, attendees learn how to:

- Create clear, actionable goals that inspire and motivate

- Build accountability systems that sustain progress
- Overcome obstacles and maintain focus under pressure

Outcome: Participants leave with a structured roadmap and renewed purpose ready to move from vision to execution.

2. Mastering Time Management

Work Smarter. Lead Stronger.

Time is your most valuable resource. This workshop focuses on energy management, prioritisation, and focus strategies to help teams achieve more with less stress.

Key takeaways include:

- Identifying and eliminating time drains
- Prioritizing tasks that drive performance
- Structuring the workday for peak productivity

Outcome: Improved efficiency, reduced burnout, and greater balance leading to more consistent high performance.

3. Building Resilience

Thrive Through Change

Resilience is the foundation of sustained success. In this dynamic session, participants learn how to adapt, stay grounded, and perform under pressure. Topics include:

- Developing a growth mindset
- Managing stress and maintaining wellbeing
- Turning setbacks into learning opportunities

Outcome: A more confident, composed, and connected workforce capable of navigating challenges with strength and agility.

4. Performance Mindset

Elevate Everyday Excellence

This session bridges mindset and behaviour, focusing on habits that consistently drive high performance. Through interactive exercises and reflective dialogue, teams will explore how to:

- Cultivate focus and mental clarity
- Build confidence and motivation
- Align personal purpose with team goals

Outcome: Enhanced individual and team performance through greater awareness, intentional action, and collective accountability.

5. Create Your Ideal Day

Move with Purpose

This session focuses on intentional planning and work-life balance strategies to help individuals design days that support both productivity and personal fulfilment. Key takeaways include:

- Strategies to optimise efficiency
- Regain control of your schedule
- Harmonise your work and personal life

Outcome: Increased clarity, renewed energy, and a more intentional approach to work and life, enabling you to perform while maintaining balance, wellbeing and purpose.