

Nicholas Hastings

Director at TILM (The Inspirational Leaders Mindset)

London, United Kingdom, , GB

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Biography

Nicholas has a background in sport & business psychology. He has worked with a variety of elite golfers, including Ross Fisher, Steve Webster and Michael Campbell in the run up to his historic victory in the US Open at Pinehurst. He has recently coached a variety of senior business leaders and set up The Inspirational Leaders Mindset (TILM) in 2012 to re-energise leaders or organisations to pursue optimism, co-operation and confidence in their work. He has a Bachelors degree in Psychology, a Masters degree in Performance Psychology, both from Edinburgh University. He has recently become a fellow of the Royal Society of Arts & Commerce.

Availability

Keynote, Moderator, Panelist, Workshop, Author Appearance, Corporate Training

Industry Expertise

Sport - Professional, Management Consulting

Areas of Expertise

Confidence & Resilience, Sport Psychology, Leadership, Optimism, Co-Operation

Affiliations

FRSA

Sample Talks

The elite performer's toolkit

An interactive talk on how leaders can draw on insights from sport psychology to unlock optimism, confidence and resilience in challenging times.

Event Appearances

Fostering Resilience

Lloyds Banking Group - Risk Community Leaders Event

Coaching for Confidence
Coaching for Confidence

Confidence in Leadership
Logica Aspire Evening

Golf Night - Sport Psychology broadcast
Golf Night

Education

The University of Edinburgh
Master of Science (MSc) MSc Performance Psychology

The University of Edinburgh
MA (Hons) Psychology

The University of Edinburgh
MA (Hons) Psychology Psychology

Accomplishments

US Open 2005

Sport psychologist to Michael Campbell for his historic 2005 US Open win at Pinehurst. Took Michael from 117th in the world to 12th in 8 months. In that time he won the US Open, World Matchplay Championship and finished 2nd on the European Tour Order of Merit.

Testimonials

Jodie Kidd

'Nick has boosted my confidence significantly. He has helped me draw on what I know best and where I feel powerful. I could then bring that mindset to the dance floor. Fantastic.'

Ian Caren

'Nick has been incredibly insightful and helped me change the way I work and how I manage my organisation. Outstanding.'

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