



*"Finding Your
Inner Joy"*

thom mason

"on my journey" Transformational Coaching

thom is a recognized Thought Leader and Transformational Coach who brings **60+ years of Life experience along with his Heart & Soul** to every speaking engagement where he presents his philosophy of how to "Find Your Inner Joy" once again.

Life happens. It's how we respond to our experiences.

thom lived through childhood sexual abuse from ages eight to nineteen.

Every single year since 2008, thom has lost someone close to him; Family, Friend or Partner. Some very unexpectedly, some due to violent crime, some through terminal illness, and some through beautiful old age.

With five distinctly different, yet intertwined, career paths and Life Lessons from seven significant relationships, **thom has gathered so many nuggets of knowledge along his journey** and is eager to share them to make Other's paths easier to travel. Understanding Trauma, understanding Grief - first hand - thom knows exactly what it's like to live with, and more importantly, live through these debilitating Seasons in our Lives.

His Mission and Passion is to lead others on their path to Wellness using tools he has assembled to help Others experience joy once again.

"journey"

Unique stories brought to Life

Talk Topics

Let's discuss which topic would best suit your needs.

thom will meet with you personally to discuss and capture your desired outcome and learn more about your Company or Organization to customize his keynote to your specific needs.

Inner Joy	Why is our Inner Joy so elusive these days? And what we can do about it.
Grief Journey	Processing through Grief <i>is</i> a journey. Knowing the path and guideposts is key.
Trauma Healing	How Trauma affects Us; how we can turn pain into purpose.
Your Best Self	Bringing to Life and Being our Best Selves EVERYDAY.
Authenticity	Celebrating our unique Selves.
Team Building	Power in unified numbers!

Fees and costs:

For more information and to book your next event, meeting, or convention keynote reach out to thom at:

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A top-down view of a workspace. On the right, a portion of a laptop is visible, showing its keyboard and screen. In the center, a silver pen lies vertically on a light-colored, rectangular notepad. The entire scene is set against a textured, light-brown background that resembles stone or concrete. The text 'book your event KeyNote now' is overlaid in white on the left side of the image.

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now

while it's fresh on your mind