



TOMMY DOTT, PERSONAL TRANSFORMATION COACH

Transforming Life At A Crossroads...

TOMMY DOTT COACHING

BY MARTIN LENKOWSKY

Each and every one of us shares the same three basic needs: love, safety, and belonging, explains Tommy Dott, a certified personal transformation and relationship recovery coach.

He says his approach is to “go a little deeper” than would a life coach. “I help my clients transform emotional habits and beliefs that slow them down or stop them from getting what they want,” Tommy says.

Tommy uses volleyball as an analogy to illustrate how we tend to hold ourselves back. “One side of the net is where you are now,” he says. “The other side of the net is where you want to be.”

However, there stands an obvious obstacle. “The net standing between the two places represents all the ‘junk’ our brains conjure up when it feels that love, safety or belonging might get compromised.”

It’s a sad, but true fact: life isn’t always a dozen red roses. People are always dealing with a myriad of problems whether relationship related, financial, dealing with body image or grappling with uncertainty. The list goes on.

Tommy refers back to our three basic human needs. “After a breakup, people often get stuck and overwhelmed. As a relationship recovery coach, I talk a lot about fear, guilt, or the feeling of ‘not being good enough.’”

But, and please pardon the cliché, all is far from lost - even for the broken-hearted. “In reality, that’s the best time to experience freedom and a personal reinvention,” Tommy explains, “but negative feelings sneak in first.”

Getting back to our metaphorical volleyball game, Tommy views the net as being the “hooks” that make us hesitant when trying to make forward movement. In the case of a tough breakup, the hooks are fear and uncertainty. “The trick is to recognize when the negative hook enters your mind,” he says. “When it gets you, you want to change that negative hook into something positive. A big part of my coaching is turning those hooks into empowering moments.”

Tommy is a seasonal Delray Beach resident. He resides the rest of the year on Cape Cod where he co-owns and runs an inn and wellness studio. He maintains an office to see his clientele up north, but also does a lot of coaching on the phone and via Skype. “I can work with clients from anywhere in the world,” he says.

Originally from Westchester County, N.Y., he became certified as a coach two years ago. During his training, he experienced transformation coaching from both sides. “I experienced the power of changing your mental conversation as both coach and client,” he says. During that time he also became certified in meditation instruction and stress reduction.

He says when clients talk to him about their fears and anxieties, he explains to them that each of those moments are actually opportunities. He cites the case of an artist client who would “struggle with self-doubt” every time she had to show her work to a gallery owner. “She would say, ‘I hope they like my work,’ but ‘want and hope’ are hedging your bets on something you have no control over,” Tommy explains with a smile. “I asked her to change ‘I hope’ to ‘I wonder.’ Make everything an adventure!”

Tommy Dott Coaching offers a “5-week Tune-up” and a “10 week Total Transformation” program that can be viewed on his site.

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