

Would you like to Reclaim Your Evening?

Keep reading if so...

A few weeks ago, I changed the question in my welcome email for new subscribers to ***“If you had a magic wand, what one thing would you change about your job?”***

Since then, I’ve had lots of replies to that question and a clear theme has emerged.

That theme is time.

My readers told me:

- *** They want more time with their family
- *** They hate how easily they give their time away
- *** They’re sick of productivity hacks and time management tips
- *** They’re working 14-hour days and squeezing their life into the leftovers
- *** Their free time doesn’t feel free because they’re mentally prepping for tomorrow

And I get it. I really do.

In v1 of my banking career, I often worked so late that the office cleaner would Hoover under my seat and wipe the desk around my still-warm takeaway boxes. And once the cleaner had left, I’d need to stand up every half hour to wave my arms and convince the motion-sensor lights that I hadn’t conked out in my chair. Then I’d get home after midnight, try to grab a few hours’ sleep and be back in the office for 9am to go again.

That was my life for months.

But when I returned to my City of London banking job after my self-imposed two year hiatus, something had changed.

Nowadays I regularly have dinner with Lauren and Baby Grundy at 5.30pm. I often do Baby Grundy’s bathtime and read her a bedtime story. I write my newsletter most weekdays, I have a roster of coaching clients and I still watch more TV and listen to more podcasts than someone with a full time job and a one-year old should freely admit to.

It’s not perfect mind you. But it’s chalk and cheese compared to how things used to be.

I’ve carved out a good chunk of time from my day job and it’s not even like my job has taken a hit as a result. My 2025 end of year review was so positive that I almost fell off my chair when I read it.

So what changed?

Well, it wasn't a time management system. Nor was it learning to say no, setting better boundaries or blocking out my calendar. And it certainly wasn't delegating more work, batching my emails or just thinking I needed to be more disciplined.

Instead, it was a simple shift in how I see time itself. A shift that once I saw, I couldn't unsee.

This isn't unique to me by the way. It's true for everyone.

In fact, it's so universal that your boss can't take it away from you, your workload can't override it and no amount of deadlines can make it untrue.

Once you see it, it's yours to keep.

I'll be sharing this shift in my new workshop, *Reclaim Your Evening*.

I've decided to run this as a one-off workshop as the last thing time-strapped professionals need is another book, course or program that piles even more crap onto their plate.

I want you to get results, I want you to get results quickly and I want you to have fun while you do. That's the idea behind *Reclaim Your Evening*.

What To Expect

After the workshop, you might find that:

- *** You start doing the things you've been putting off
- *** Decisions about when to stop working get simpler
- *** You stop feeling behind, even though your workload hasn't changed
- *** Your free time actually feels like your free time now, not a waiting room for tomorrow

Perhaps you're wondering what impact a "shift" can have vs traditional time management techniques.

All I can say is I spent almost 20 years trying every productivity hack and time management system I could find. But over the last three or four years, what I've realised is that all these "real world" solutions to finding more time are focusing on the symptoms of not having enough time rather than the cause.

It's a bit like mopping your floor while your sink is overflowing.

I mean, it might work sometimes. But really, it's solving the wrong problem. If you want the flooding to stop, you need to understand what's causing it.

Same thing with time.

If you'd like to join me as we explore more about the nature of time, I'd love to have you along to *Reclaim Your Evening*.

The Nitty Gritty

Reclaim Your Evening will take place live on Zoom at 8pm UK Time // 3pm EDT // Midday PDT on Thursday 7th May. I'll send a recording after, so no problem if you can't make it live.

The cost for this one-off workshop is \$100.

The payment link will come down just before the workshop starts. That means the workshop start time is also the deadline to join.

On the workshop I'll share:

- *** The shift that fundamentally changed how I experience time
- *** How and why this shift has helped me reclaim my evenings
- *** Live Q&A and reflection time so we can work through your questions together

I'm planning for the workshop to last about an hour, but if you have questions, we'll keep going until you're done.

If you'd like to join the workshop, [here's the link](#). Once you sign up, you'll get an email from me with the Zoom details.

I'm really excited for *Reclaim Your Evening*. This shift has genuinely helped me to spend less time at work and actually enjoy my time out of the office too, rather than spending it worrying about tomorrow. Time feels like something that's working for me now rather than a noose around my neck.

I'd love for you to join the workshop and change how you see time too.

[Here's the sign-up link once more](#)

If you have any questions, please hit reply to any of my emails and ask away. If there's something on your mind, I'd much rather you ask me rather than make a decision you're not 100% sure about.

I hope to see you on the workshop.

To fulfilment,

Tom

p.s. here's what a few people have said about working with me:

*"One of **the most profound 40 minutes of my life.**" —A.E., Project Manager*

*"Tom is the anti-coach. He doesn't prescribe exercises or homework. In fact he tells me that **I already have the inner ingredients to go out and achieve my dreams** (to write a novel). Tom has taught me to **start trusting myself again**, like a good teacher who can see your own potential before you can grasp it. The lesson to get out of my own way is **one of the most valuable** I've learned." — R.S., Software Engineer*

*"This has helped me significantly in respect of **improved energy, increased positivity and better clarity** of what is and what is not truly important." - G.W., Banker*

*"I found **tremendous clarity**...The coaching sessions with you helped me to decide to stay put in my job for now. **I feel calm and more able to handle the intensity** inherent in my job." - K.S., Teacher*

*"**Working with Tom has been amazing.** I've got a gig launching a new YouTube channel for a top Twitch streamer and **I never would've landed something like before.**" — D.N., Client Manager*

*"It was an incredible experience that left me **feeling lighter, more focused, and more empowered.**" — H.S., Financial Services*

*"Working with Tom has given me an **inner peace I've never felt before.** It's improved my business, social life and dating." — Z.S., Personal Trainer*

*"**I got what I had been searching for: clarity.** As someone who has just launched into solopreneurship, there's a lot of the **scaries and anxiety.** I now feel much more at ease with this decision, and **know the next steps I need to take.**" — V. L., PR Consultant*

*"Tom helped me **overcome issues I was having with anxiety.** I can't recommend him enough." — J.C., Digital Marketer*