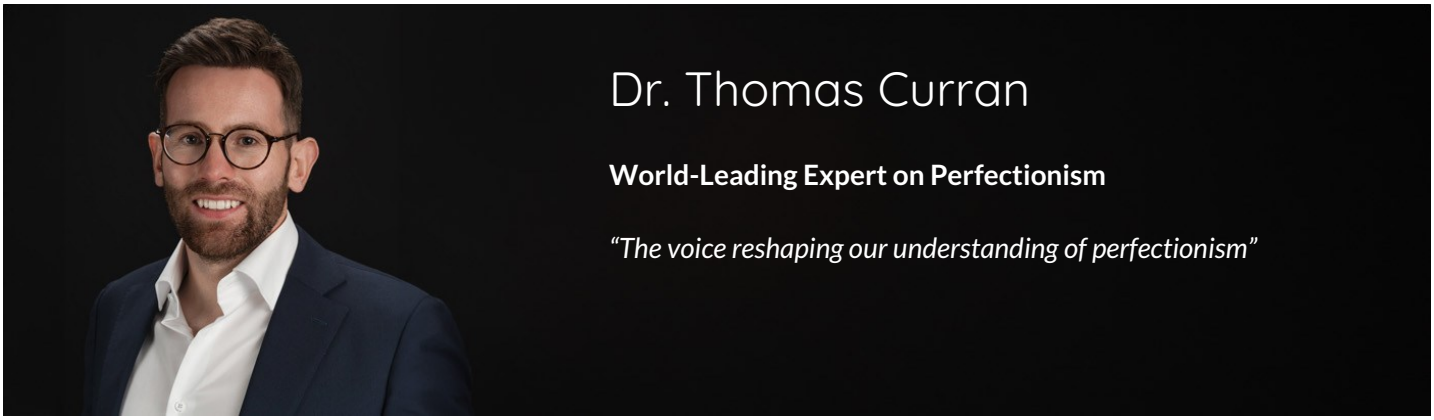


Dr. Thomas Curran is an associate professor of psychology at the London School of Economics, widely recognised as a global authority on perfectionism, mental health, and workplace wellbeing. With extensive media contributions, including TIME, Harvard Business Review, The New York Times, BBC, and CNN, Thomas translates rigorous research into practical strategies for individuals and organisations seeking thriving performance without burnout.

TOPICS:

- The Perfectionism Paradox: Striving vs. Suffocating
- Mental Health at Work: Breaking the Burnout Cycle
- Combatting Self-Criticism: Cultivating Self-Compassion
- Imposterism & Perfectionism: Twin Traps
- Workplace Culture & Perfectionism

LANGUAGES:

He presents in English.

PUBLICATIONS:

2023 The Perfection Trap: The Power of Good Enough in a World That Always Wants More

IN DETAIL:

Dr. Curran's academic career at LSE's Department of Psychological and Behavioural Science is grounded in prolific research, including a 2019 meta-analysis demonstrating rising perfectionism across birth cohorts. He has received notable awards such as the APA Dissertation Award (2015) and LSE Research Excellence recognition. His popular TEDMED talk, "Our Dangerous Obsession with Perfectionism," and appearances in major publications reinforce his thought-leadership mission.

WHAT HE OFFERS YOU:

Dr. Curran equips audiences with evidence-based insight into why people and cultures chase perfection, and how this undermines wellbeing, creativity, and performance. He provides practical tools to distinguish healthy striving from destructive perfectionism, combat self-criticism, and foster environments that encourage experimentation, psychological safety, and sustainable achievement at both individual and organisational levels.

HOW HE PRESENTS:

Thomas is a highly engaging speaker whose presentations blend compelling scientific data with relatable storytelling and granular takeaways. He connects with audiences across sectors—encouraging leaders and teams to redefine success beyond perfectionism.