



Dr Thomas Curran

AUTHOR · BUSINESS SCHOOL PROFESSOR

The world's leading expert on perfectionism, author of the international best-selling book *The Perfection Trap*.

- **World-Leading Authority on Perfectionism:** A leading psychologist known for groundbreaking research on perfectionism's rise and impact.
- **Acclaimed Author and Speaker:** A leading psychologist known for groundbreaking research on perfectionism's rise and impact.
- **Influential Voice in Media and Academia:** Featured in top publications like TIME and The New York Times, shaping conversations on mental health.

Dr Thomas Curran's 2026 Biography

Meet Thomas Curran

A distinguished professor of psychology at the London School of Economics, and author of the international bestseller *The Perfection Trap* (2023), Dr. Thomas Curran has garnered worldwide acclaim for his research into the rising tide of perfectionism and its implications for well-being and productivity.

Focussing on evidence-based strategies and actionable insights, Tom also helps organisations recognise the hidden costs of perfectionism and adopt strategies for sustainable success, and provides audiences with tools and methods to counter unrealistic standards, reduce burnout, and encourage creativity.

Tom's TED Talk on perfectionism has reached over three million viewers, and his work has been featured in leading publications such as The New York Times, Harvard Business Review, and TIME.

AVAILABLE FOR

- Speaking

THOMAS'S SPEAKING THEMES

- Health & Wellbeing
- Mental Health in the Workplace
- Resilience & Stress Management

LANGUAGES: English

Dr Thomas Curran's 2026 talks & topics

The Perfectionism Paradox (Truths and Myths)

In theory, perfectionists are committed to excellence, meticulous, hard-working, and take immense pride in their work. In reality, they are overworked, chronically burned out, and self-sabotaging, which results in worry, anxiety, and procrastination due to paralysing fears of failure. With illuminating case studies and evidence-based strategies, Tom explores the science of perfectionism and offers eye-opening insights into how letting go of the need for perfection can paradoxically unlock higher performance and greater fulfilment in our lives and careers.

Combatting Self-Criticism

In this talk, Tom explores how self-criticism erodes morale and diminishes self-confidence. Using case studies and cutting-edge research, he shows how perfectionism leads to the habituation of negative self-beliefs, which contaminates motivation and hinders personal growth. Tom also introduces the latest work on cultivating self-compassion and practicing gratitude, which can help people combat self-criticism, fostering a kinder outlook on work (and life) and enhancing overall well-being.

Imposterism

Imposterism (vis-a-vis imposter syndrome) manifests as a persistent feeling of inadequacy despite evidence of success, causing individuals to constantly doubt their achievements and abilities. Perfectionism and Imposterism are closely related by how do the two conspire to undermine confidence and professional advancement? Using evidence-based strategies, Tom outlines how, via evidence-based strategies, adequate changes can be put into practice, and this debilitating affliction be overcome.

Dr Thomas Curran's Videos





What Dr Thomas Curran's clients say

Thomas' workshop provided valuable insights into the myths behind perfectionism and the difference between a desire for high standards vs. a need to be perfect. The practical tips and mindset shifts offered were empowering and allowed us to all embrace imperfection, whilst fostering a more productive work environment.

Anita Bhalsod

Head of HR - Europe, Tapestry

In his talk, Thomas Curran skillfully navigates through the complexities of perfectionism, shedding light on its often overlooked negative impacts. Supported by compelling data and visuals, his thorough exploration challenges leaders to not only listen but to truly understand the importance of addressing this issue. With perfectionism on the rise, it is important to look at the ugly side of the "not good enough" mindset. His talk extends beyond the confines of business, resonating deeply within personal lives as well.

Alexandra Grofova

Consultant and Organiser of TheLeaders Conference, Maxman Consultants

An exceptional speaker. He spoke about the rise of perfectionism and the strategies we can employ to address the challenges it presents. He spoke with clarity, good humour and with an engaging style to students and adults at Le Rosey's Edufest. Highly recommended

Kim Kovacevic

Directeur Académique, Institut Le Rosey

Top notch speaker, he inspired more than 250 of our colleagues, and they are already asking for more sessions with him.

Enrique Gaya

Strategic Business Development Manager, Adevinta

I loved it. Thomas made me think.

Rik Vera

Esteemed Keynote Speaker, London Business School Lecturer, CEO of Nexxworks

Hugely impressed by the talk Thomas delivered. He presented a talk to a staff of 400 and built engagement with everyone in the room. He is a natural entertainer. Everyone in the room was hanging on every single word that exited his mouth!

Stuart Fenton

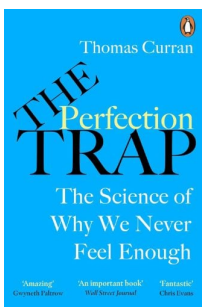
Market Project Manager, Jaguar Land Rover

Thomas' talk was such a joy. Crystal clear structure, a touch of academia felt just right to comfort my never-ending 'How do you know?' questions, insightful interpretations, and perhaps above all, remarkable speaking skills - a smooth, steady flow unsupported by intrusive 'Aha!' moments or stroboscopic slides. Had a fabulous moment there, thanks!

Jana Fratrič

Comenius University Professor and Performance Manager, Hay Group Consultant

THOMAS'S LATEST BOOKS



**The Perfection Trap: The Power
Of Good Enough In A World
That Always Wants More**

Similar speakers



Clare Kenny

Most organisations have a wellbeing strategy. Fewer have a culture where people feel safe enough to use it. The barrier is rarely policy or resource: it is leader behaviour. When leaders cannot or will not name their own stress, anxiety, or neurodivergence, no amount of programme investment changes that reality.