



Thomas Castaignede

A former star player with the French international rugby team and French and British TV sports pundit

Thomas Castaignede is a former French international rugby player and Guardian columnist is known for his clear thinking and communication. He presents insights to his audience about positive thinking, winning, managing change and goal setting.

Thomas's biography

Thomas Castaignede's background

Thomas Castaignede is a very popular French sporting hero currently living and working in London. Castaignede exploded onto the world [rugby](#) stage in 1995 with his Five Nations tournament debut when he kicked a last-minute drop goal, defeating England in the final minute.

Sadly, his rugby career took a different path, when an injury forced him out of the 1999 World Cup. However, Thomas's talent and innate class were evident from his early rugby playing appearances for his hometown of Mont-de-Marsan.

Thomas drifted in and out of the French national team, but was given his chance in the Six Nations where he helped France clinch the trophy. At club level, he was instrumental in Toulouse achieving three successive domestic titles and the inaugural European Cup, before moving to Saracens and remaining there until his retirement.

As a qualified engineer, Thomas has focused on a career in banking, bringing with him a strong sense of professionalism and teamwork. He has also developed a media career, both as a pundit on French and British television and as a columnist for The Guardian.

As an [after dinner speaker](#), he engages his audience on the game's greats and what he has learned about [positive thinking](#) and pressure management. He also recounts stories about the post-match meals, with "meat cooked the English way like the sole of a boot."

Thomas is known for his warm personality, honesty, friendliness and for being a clear thinker and communicator. He presents insights to his audience about winning, managing change and goal setting.

Thomas's talks

- **Integration and Change Management**
- **Pressure Management**
- **Bouncing Back**
- **Positive Thinking**

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