



# Body Mind Energetics

Brain and Mental Wellness Training



WORKSHOPS, SEMINARS & TEAM PROGRAMMES FOR ORGANISATIONS · NORTH WALES & ONLINE

## Sharper Minds. Greater Energy. Stronger Teams.

Practical neuroscience that helps your people improve focus, manage stress and sustain their energy, built on the connection between body, mind and brain.

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Led by **Alan Lee**, clinician and educator in functional medicine and functional neurology  
Author of *A Day In The Life Of Your Brain*

[bodymindenergetics.com](http://bodymindenergetics.com)

# Tired Brains Cost More Than You Think

Your organisation runs on brainpower: focus, decision-making, creativity, communication and resilience. When people run on poor sleep, chronic stress and the afternoon energy crash, the brain is the first thing to suffer, and your business feels it.

**964,000**

UK workers affected by work-related stress, depression or anxiety

**22.1 million**

working days lost to work-related stress, depression or anxiety in a single year

**£51bn**

a year cost to UK employers of poor mental health, with **£24bn from presenteeism**: people at work, but not at their best

## Sound familiar?

- Energy and focus that disappear by mid-afternoon
- Teams that feel stretched, stressed or close to burnout
- Brain fog, forgetfulness and slower decision-making
- Poor sleep affecting mood, patience and performance
- People who are present, but not at their best

## Why the usual wellbeing initiatives fall short

Fruit bowls, apps and one-off wellbeing days can help, but they rarely change how people actually feel at work. They treat symptoms in isolation, without explaining why the brain struggles or giving people practical tools that fit their working day.

**There's a better way: start with the brain, and the body that powers it.**



# Start With The Brain, And How The Body Powers It

REGENERATE · REJUVENATE · RECHARGE · RELAX

Your brain runs you and everything about you, but it doesn't work in isolation. Sleep, blood sugar, hormones, movement, breathing, gut health and stress all shape how it performs, from focus and memory to mood and resilience. Our training uses practical neuroscience to show people how their body, mind and brain work together, and what they can do about it, starting the very same day.



## Understand

Clear, jargon-free neuroscience that explains why energy, focus and mood rise and fall.



## Apply

Simple, practical tools people use at their desk, in meetings and at home.



## Sustain

Habits around sleep, movement, nutrition and stress that last beyond the session.



### FOR YOUR PEOPLE

- ✓ Sharper focus
- ✓ Better mood
- ✓ More mental stamina
- ✓ Stronger resilience
- ✓ Greater motivation
- ✓ Better memory
- ✓ Deeper inner calm

### FOR YOUR ORGANISATION

- ✓ Clearer thinking and better decisions
- ✓ Steadier energy and output through the day
- ✓ A more resilient, engaged team
- ✓ Wellbeing support people actually use
- ✓ A culture that takes brain health seriously

# Practical Neuroscience Your People Can Use The Same Day

Each workshop combines clear, engaging science with simple tools that fit into the working day. Three workshops, one connected approach: book a single session, or combine all three into a programme.



## OUR PHILOSOPHY

**“Everything exists as a courtesy to everything else.”**

Your brain, **mind** and **body** are never separate. Poor sleep, blood-sugar swings and chronic stress show up as brain fog, low mood and short fuses. Change one and you change the others, which is why every workshop works on all three.



### The Workplace Brain

*Focus, mood and resilience*

90 MINS · ON-SITE OR ONLINE

How to work with your brain rather than against it, to sharpen focus, lift mood, build stamina and stay calm under pressure.

#### Your people leave with

- A plan for their daily focus peaks
- Quick resets for stressful moments
- Ways to protect decision quality



### The 3pm Crash

*Energy through the working day*

90 MINS · ON-SITE OR ONLINE

Why energy and focus dip every afternoon, and how food, movement, light and breathing keep minds sharp all day.

#### Your people leave with

- Brain-friendly eating for steady energy
- Movement and light breaks that work
- A plan for the afternoon slump



### Sleep Reset

*Sleep and recovery*

90 MINS · ON-SITE OR ONLINE

How sleep shapes focus, mood and decision-making, with simple, practical ways to sleep better, even with a busy schedule.

#### Your people leave with

- A realistic wind-down routine
- Light, screen and caffeine habits that help
- Ways to recover after a bad night

**Tailored to your organisation.** Every delegate receives the ebook *A Day In The Life Of Your Brain*.

**Combine all three: see page 8 →**

SIGNATURE SEMINAR

# A Day In The Life Of Your Brain

Follow your brain from the moment you wake to the moment you sleep. This engaging one-day seminar shows how sleep, food, movement, light and stress shape the way we think, feel and perform, with practical strategies for every part of the day.

Full day

On-site

Tailored to your team

**Ideal for** away days, leadership teams and all-staff training days.



## SHARPEN FOCUS

Focus rises and falls in roughly 90-minute cycles. Learn to schedule demanding work into your peaks, and use short breaks to protect the next wave of concentration.

## ELEVATE MOOD

Low mood at work is rarely a character flaw. Simple, science-backed lifters such as morning light, hydration and short walks help teams stay positive, patient and productive.

## INCREASE MENTAL STAMINA

What fades across the day is decision quality, as the prefrontal cortex tires. Batch key decisions early and take restorative breaks to stay sharp all day.

## SLEEP AND YOUR BRAIN

Overnight, your brain files the day's learning into memory, clears metabolic waste and repairs itself. Practical tools to sleep better, and perform better.

## FOOD AND YOUR BRAIN

Glucose spikes bring crashes, while steady fuel sustains focus and mood. Through the gut-brain axis, even meal timing shapes how well you sleep.

## EXERCISE AND YOUR BRAIN

Movement is the best-evidenced, lowest-cost brain booster. A short walk boosts BDNF, 'fertiliser for the brain', improving attention, memory and mood within minutes.

### INCLUDED FOR EVERY DELEGATE

## The book: *A Day In The Life Of Your Brain*

Alan's accessible guide follows your brain across one ordinary day, so the learning keeps going long after the seminar ends.

26

short chapters

6

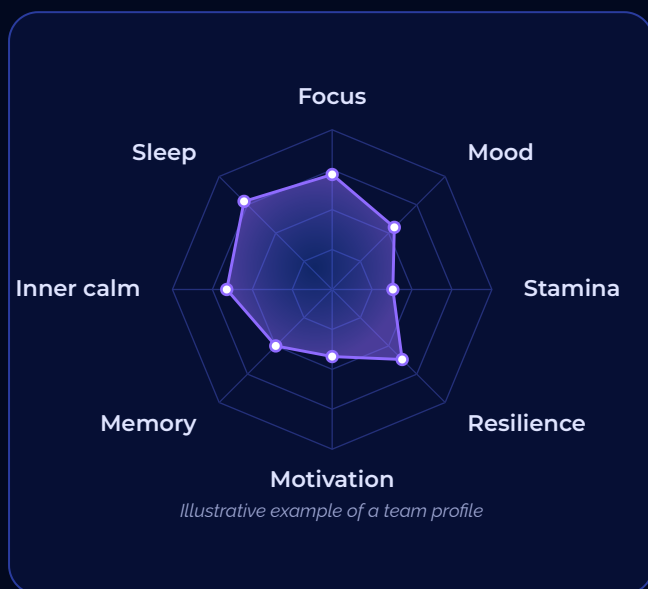
parts of the day

1

ordinary day,  
wake to sleep

# The Team Brain Performance Snapshot

Brain fatigue rarely shows up as just tiredness. It quietly wears down the things that matter most at work. The Snapshot measures how it is affecting your team across eight areas of performance, so every session targets what your people need most.



## Focus

Drifting attention on demanding work

## Mood

Flatness and a shorter fuse as the day goes on

## Mental stamina

Decision quality that fades by afternoon

## Resilience

Slower recovery after pressure and setbacks

## Motivation

Harder to get started, and to keep going

## Memory

Forgetfulness, lost threads, slower recall

## Inner calm

A nervous system that struggles to switch off

## Sleep

Rest that doesn't restore

1

## Your team takes the analysis

80 quick questions online, answered in each person's own time.

2

## Everyone gets their own report

A private report showing their results in each area and where to start, plus the ebook.

3

## You get the team picture

An anonymised team report and a results briefing, with a clear recommendation on what to train first.



## Private for individuals. Insightful for you.

Individual results are never shared with the employer. Team reports are anonymised and only produced for groups of eight or more.

[Start here: see page 8 →](#)

## HOW IT WORKS

# Training That Fits The Way You Work

Every organisation is different, so every programme is built around your people, your schedule and your goals. Choose a single session, a full-day seminar or a structured programme, delivered at your workplace, at a venue or online.



### Workshops

90 MINUTES

Focused, practical sessions on a single theme: The Workplace Brain, The 3pm Crash or Sleep Reset.



### Signature Seminar

FULL DAY

*A Day In The Life Of Your Brain*: the complete journey from waking to sleep, with strategies for every part of the day.



### Programmes

THREE MONTHS

All three workshops spaced across the programme, with the newsletter reinforcing learning in between and a repeat Snapshot to measure change.



### Online & hybrid

LIVE, INTERACTIVE

Workshops run live online, ideal for remote teams and organisations across several sites.

| GROUP SIZE                                    | LOCATION                                                  | BOOKING NOTICE                                        |
|-----------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------|
| <b>Up to 30 in person</b><br>Up to 100 online | <b>On-site, venue or online</b><br>North Wales and beyond | <b>4–6 weeks recommended</b><br>Sooner if dates allow |

## From first call to lasting change

1

### Discovery call

A free 30-minute conversation about your team and goals.

2

### Snapshot & proposal

We measure where your team is under most pressure, then recommend the right programme.

3

### Delivery

Engaging, practical sessions your people use the same day.

4

### Measure & sustain

A repeat Snapshot shows what has changed, and the newsletter keeps learning alive.

## PACKAGES

# Choose The Right Level Of Support

Start with a clear picture of your team, then choose the training that fits. Every package is tailored to your organisation.

**£1 → £4.70**

Every £1 UK employers invest in supporting workforce mental health returns around £4.70 in increased productivity.

Deloitte, 2024

### START HERE

#### Team Brain Performance Snapshot

from **£495**

Up to 25 people · £12 per additional person

- Every team member completes the online analysis
- Each person receives a private report and the ebook
- An anonymised team report across all eight areas
- A 45-minute results briefing and a clear recommendation

### SINGLE SESSION

#### Workshop

from **£850**

90 minutes · on-site or online

- The Workplace Brain, The 3pm Crash or Sleep Reset
- Tailored to your team and working patterns
- The ebook for every delegate
- Add the Team Snapshot for £395

### SIGNATURE SEMINAR

#### A Day In The Life Of Your Brain

from **£2,950**

Full day · on-site

- The complete wake-to-sleep journey in one day
- Focus, mood, stamina, sleep, food and movement
- The ebook for every delegate
- Add the Team Snapshot for £395

### MEASURABLE CHANGE

#### Brain Performance Programme

from **£3,750**

Three months · up to 25 people

- Team Snapshot at the start
- All three workshops, spaced across the programme
- Three months of the Brain Warrior newsletter
- Repeat Snapshot and before-and-after report

### YEAR-ROUND

#### Annual Brain Health Partnership

from **£7,950** / year

Twelve months · tailored to you

- Team Snapshot at 0, 6 and 12 months
- The signature seminar plus all three workshops
- Quarterly lunch-and-learn webinars
- Company-wide newsletter and impact report

**Keep the learning going:** add the Body Mind Energetics Newsletter for your whole team, from £49 a month. See page 11.

Prices are starting points, confirmed in your tailored proposal. Larger teams and multi-site organisations are quoted individually.

## RESULTS

# What Changes For Your Team

Our training is designed to change how people feel and perform at work, not just what they know. And you don't have to take that on trust: every programme is measured.



### Sharper focus

Better concentration through the working day



### More energy

Fewer afternoon crashes and slumps



### Greater resilience

Faster recovery from everyday pressure



### Better sleep

Practical habits for deeper recovery

## How we measure the difference

Your team completes the Brain Performance Snapshot before the programme and again at the end. Because both use the same eight areas, you see exactly what has changed, and where to focus next.

## Your impact report shows

- Change in each of the eight performance areas
- Session feedback from your people
- The habits your team has adopted
- Recommended next steps

LIMITED TO FIVE ORGANISATIONS

## Become a Founding Partner

We're inviting five organisations to be the first to run the Brain Performance Programme, at a founding rate, in return for helping us show what it achieves.

~~£3,750~~  
**£3,000**  
SAVE 20%

### YOU RECEIVE

- The full three-month Programme
- Before-and-after Team Snapshots
- Your impact report and ebooks

### WE ASK

- Permission to share anonymised results
- A short case study and testimonial
- Honest feedback to shape the programme



**5 founding places available**

Reserve yours: 07814 528087 ·  
alan@bodymindenergetics.com



## MEET YOUR TRAINER

# Alan Lee

### Director of Training, Body Mind Energetics

Alan is a clinician, educator and researcher in functional medicine, functional neurology and lifestyle medicine, and a registered osteopath in private practice since 1993.

His journey began with his own health. After a career start in professional football and a degree in Computer Studies and Systems Analysis, chronic health problems in his mid-twenties led him into osteopathic medicine, and later functional medicine, functional neurology and lifestyle medicine. Today he translates the science of the brain and body into practical tools that people can use every day.

## Training and credentials



### Postgraduate training in functional neurology

International Association of Functional Neurology and Rehabilitation (IAFNR)

#### Carrick Institute

Neurological sciences

#### Institute for Functional Medicine

Functional medicine

#### The Kharrazian Institute

Brain, gut and hormone health

#### Licensed Brain Health Trainer

Amen University, USA

#### Registered osteopath

In private practice since 1993

#### Author

*A Day In The Life Of Your Brain*



*Your brain is the single most important thing in your life, because it has the biggest impact on how you think, feel, act and perform. It is the organ of mental wellness, personality and achievement.*

ALAN LEE

# Keeping The Learning Alive

A great session is a start. Lasting change comes from regular reminders, practical tools and support for anyone who needs more.

THE BODY MIND ENERGETICS NEWSLETTER · FOR TEAMS

## A regular dose of practical neuroscience for your whole team



Short, engaging issues on focus, mood, mental stamina, resilience, motivation, memory and inner calm, so your people keep using what they learned long after the session ends.

Ask the Expert

Prime Time Insights

Education Snippets

The Deep Dive

Interactive Challenges

UP TO 10 PEOPLE

**£49**/month

Save 30%

UP TO 25 PEOPLE

**£99**/month

Save 43%

UP TO 50 PEOPLE

**£159**/month

Save 55%

LARGER TEAMS

**Quoted**

Multi-site welcome

**Two months free** when paid annually · savings compared with individual Brain Warrior subscriptions at £7 a month

[newsletter.bodymindenergetics.com](mailto:newsletter.bodymindenergetics.com)

BODY MIND MEDICAL · INDIVIDUAL SUPPORT

## When someone needs more

Some challenges need more than a workshop. Through Body Mind Medical, our clinical service, your people can book a confidential one-to-one consultation that looks beneath the symptoms to understand what is driving them.

- For brain fatigue, low energy, poor focus and sleep problems
- Confidential: nothing is shared with the employer
- Online, or in clinic in Llandudno
- Can be offered as a funded staff benefit

Consultations work alongside, not instead of, care from a GP. Body Mind Medical is not an emergency or crisis service.

**Books for your team.** Bulk copies of *A Day In The Life Of Your Brain* for staff, clients or events. Ask about team pricing.

[alan@bodymindenergetics.com](mailto:alan@bodymindenergetics.com)

READY TO TAKE THE NEXT STEP?

# Let's Talk About Your Team

Work has never asked more of the human brain. Brain and mental wellness training gives your people the understanding and practical tools to think clearly, stay resilient and do their best work.

BOOK A FREE 30-MINUTE DISCOVERY CALL

## See what we could do for your organisation

In a no-obligation conversation, in person or online, we'll explore your team's challenges and show you how a tailored workshop, seminar or programme would work for you.

📞 07814 528087

✉️ [alan@bodymindenergetics.com](mailto:alan@bodymindenergetics.com)



SCAN TO BOOK



### CHAMBER MEMBERS' OFFER

Book a discovery call and receive a free Team Snapshot for up to 10 staff.



#### WEBSITE

[bodymindenergetics.com/contact](https://bodymindenergetics.com/contact)



#### ADDRESS

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**Body Mind Energetics**

*"Everything exists as a courtesy to everything else."*

Newsletter: [newsletter.bodymindenergetics.com](https://newsletter.bodymindenergetics.com) · Follow @bodymindenergetics on LinkedIn, Facebook and Instagram