



Julie McGann

Chief Wellness Designer, Innovator, Futurist, Specialist in Corporate Wellness, Mental Fitness and Happiness Expert.

“Do you know that today we process more information in one day than we did in one year 25 years ago? Is your brain coping well?”

Julie is a leader who designs and delivers a new generation of wellbeing education to professionals using the latest discoveries in human health, psychology and neuroscience.

Julie believes that a solid corporate wellbeing strategy will become a foundation for any successful and sustainable business in the near future.

Julie’s key message: “If you want to be happy you need to learn how to manage your mind”

Julie is an ex-senior HR professional who led internal wellbeing programs for British Gas and ex-Unilever business. At that time she recognised that a well thought through wellbeing strategy makes a strong positive impact on people, organisational culture, engagement and performance.

A few years ago Julie founded a corporate wellness academy Unicorn and Co and a digital workplace wellbeing platform for millennials at work Upgrade-U. She designed and delivered wellness programs and events to Sony, Oracle, British Transport Police and many others.

Charlotte Pickles

Corporate Nutritional Therapist, Educator, Speaker, Corporate Mental Health and Wellbeing Trainer

“How to use Nutrition to support you through challenging times, combat stress and come out on top?”

*Charlotte has a particular interest in supporting mental health, energy production and wellbeing at work **through nutrition.***

Her main focus is to help people understand key nutrition hacks to support their body and mind, enhance performance and reach optimal health and resilience in the workplace.

She runs various training programs, workshops, webinars and online challenges. Her most recent one is “Food as Fuel for the Brain”.



Charlotte is a fully qualified Registered Nutritional Therapist, a member of the British Association for Nutrition and Lifestyle Medicine, the professional body for Registered Nutritional Therapists, and is also registered with the Complementary and Natural Healthcare Council (CNHC).

With an extensive history of working within the Public Health and Education sectors in the UK, Charlotte became interested in the benefits that food and nutrition could have on supporting the health outcomes of people at work, **particularly in relation to mental and emotional health.**

Charlotte has a keen interest in workplace wellbeing and **has a wealth of experience of supporting staff teams to build resilience, reduce stress** and address common dietary and lifestyle mistakes that can lead to fluctuating energy levels, unhappiness and stress.



Dr Kasia Wilk

International Speaker, Psychologist, Mental Health Expert, Transformation Coach, Change Catalyst

“Are ready to let go of your anxiety and move into the place of freedom and power?”

Dr Kasia Wilk worked with hundreds of people around the world helping them to resolve their anxiety by making empowered choices every day.

*She is an author of **a 10-step program “From Fear to Freedom”** that helps people understand and manage the root cause of their stress and anxiety.*

Her professional training includes holding a Bachelor’s Honors degree in Biopsychology and a Master’s degree in Transpersonal Psychology which have allowed her to understand the human psyche from both a scientific and more spiritual/holistic perspective. She has completed a Professional Doctorate in Counselling Psychology, and hold Chartered status with the British Psychological Society, and registration with the Health & Care Professions Council. Originally from Canada she now resides in the UK.

Based on a decade of experience of running a busy private clinic for professionals in different parts of the world she realised that most of the humans share the same challenges. Today Dr Kasia Wilk is **on a mission to share powerful tools and strategies that she has used with 100’s of clients and that are proven to work to help 1000’s of people address their stress and anxiety before they hit a crisis point.** She wants to make this type of education available and accessible to all and in particular to busy people at work. **Her 10-step online program and a 1-day workshop “From Fear to Freedom” is available now.**

Natalia Cohen
Motivational Speaker, Team Mindset Coach,
Happiness Expert

“Are you embracing the opportunities when they come your way?”

Natalia believes that life is all about the journey, not being afraid to take a leap of faith.

She was part of the first all-female team to row unsupported across the Pacific Ocean. With no rowing experience prior to applying, Natalia shows how, with a positive mindset, a determined and aligned team, and a sense of humour, you can achieve anything you want.



Natalia and the crew completed this challenge in January 2016 **setting two world records** and gaining an international following. This was a journey of just under 9,000 miles from San Francisco, USA to Cairns, Australia in a 29ft ocean rowing boat. The expedition was not only a challenge of extreme conditions and perseverance but also a journey within to better understand the strength of human spirit, the importance of being aligned with your values, a positive mindset, the diversity within a team and enjoying the journey.

Natalia’s vision is to empower others to reach their potential, push through their self-limiting mental boundaries and meet and overcome the challenges that life throws at them.



Kate Bridle

Lead Sleep Specialist, Sleep Optimisation Coach, Educator

“Throughout our lives, we spend an enormous 26 years sleeping. Surprisingly we also spend 7 years trying to get to sleep. Count how many years of our life we spend in bed!”

Kate’s key message is that poor sleep doesn't only make us feel tired and sleepy, it affects our short-term and long-term physical and mental health, our work and our relationships.

Leaders of organisations need to ensure that their employees have a good quality sleep as poor sleep affects their mental performance, focus and mood.

Kate, an Internationally Board Certified Sleep Physiologist and Sleep Science Coach, trained and worked at the UK's largest Sleep Disorder Clinic - Guys and St Thomas' Hospital in London, UK, where she worked alongside doctors to help diagnose and treat thousands of patients. More recently she set up and ran the first speciality Sleep Centre in the Middle East, which is now successfully diagnosing and treating patients from the entire Gulf region.

Kate’s talks give a fascinating overview of the science of sleep, as well as providing advice and practical tips on how everyone, no matter their shift patterns or nightly sleep opportunity, can get better quality sleep, leading to a healthier body and mind. In the fast-paced corporate world, studies have shown an extremely high prevalence of sleep problems, leading to lower long-term health outcomes, and overall poorer quality of life. She can also offer advice to working parents of young children who may be adding to their sleep deprivation.