

BRAINWAVE

REFILL THE CUP: A GUIDED REST FOR PEOPLE LEADERS

WITH ANNE-SOPHIE FLURI



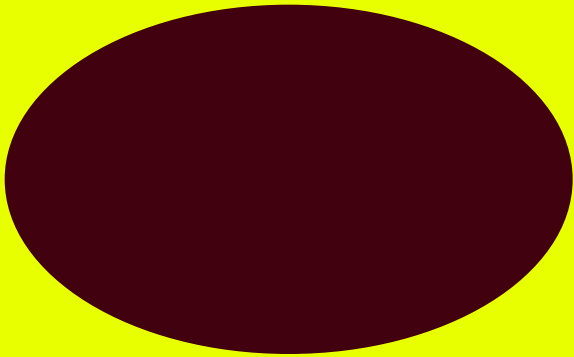
**THOSE WHO
HOLD SPACE
FOR OTHERS
OFTEN CARRY
THE MOST.**

THIS IS YOUR TIME TO PAUSE. TO EXHALE.



NEUROSCIENTIST | SPEAKER | MEDITATION FACILITATOR

ABOUT US



ANNE-SOPHIE FLURI

HI - I'M THE FOUNDER OF BRAINWAVE. I'M A PUBLISHED NEUROSCIENTIST PASSIONATE ABOUT HELPING EVERYONE UNDERSTAND THEIR BRAIN THROUGH NO-NONSENSE NEUROSCIENCE.

AT BRAINWAVE, WE BELIEVE THAT SCIENCE SHOULDN'T FEEL DISTANT OR COMPLICATED , IT SHOULD BE A PRACTICAL TOOL FOR BETTER LIVING.

BRAIN HEALTH ISN'T RESERVED FOR EXPERTS - IT'S FOR EVERYONE AND WHEN PEOPLE HAVE THE RIGHT KNOWLEDGE, THEY CAN TAKE CONTROL OF THEIR MENTAL WELL-BEING, NOT JUST FOR TODAY, BUT FOR LIFE.

techradar ResearchGate *STYLIST*

THE  TIMES MENSFITNESS Women'sFitness

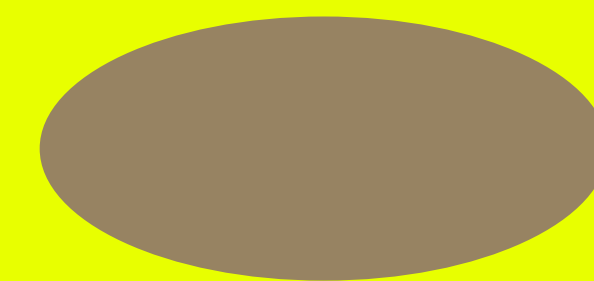
The Daily Telegraph  CONDÉ NAST

 DAILY  EXPRESS RTÉ *that'slife!*

 NewsChain *More* RADIO  mate.



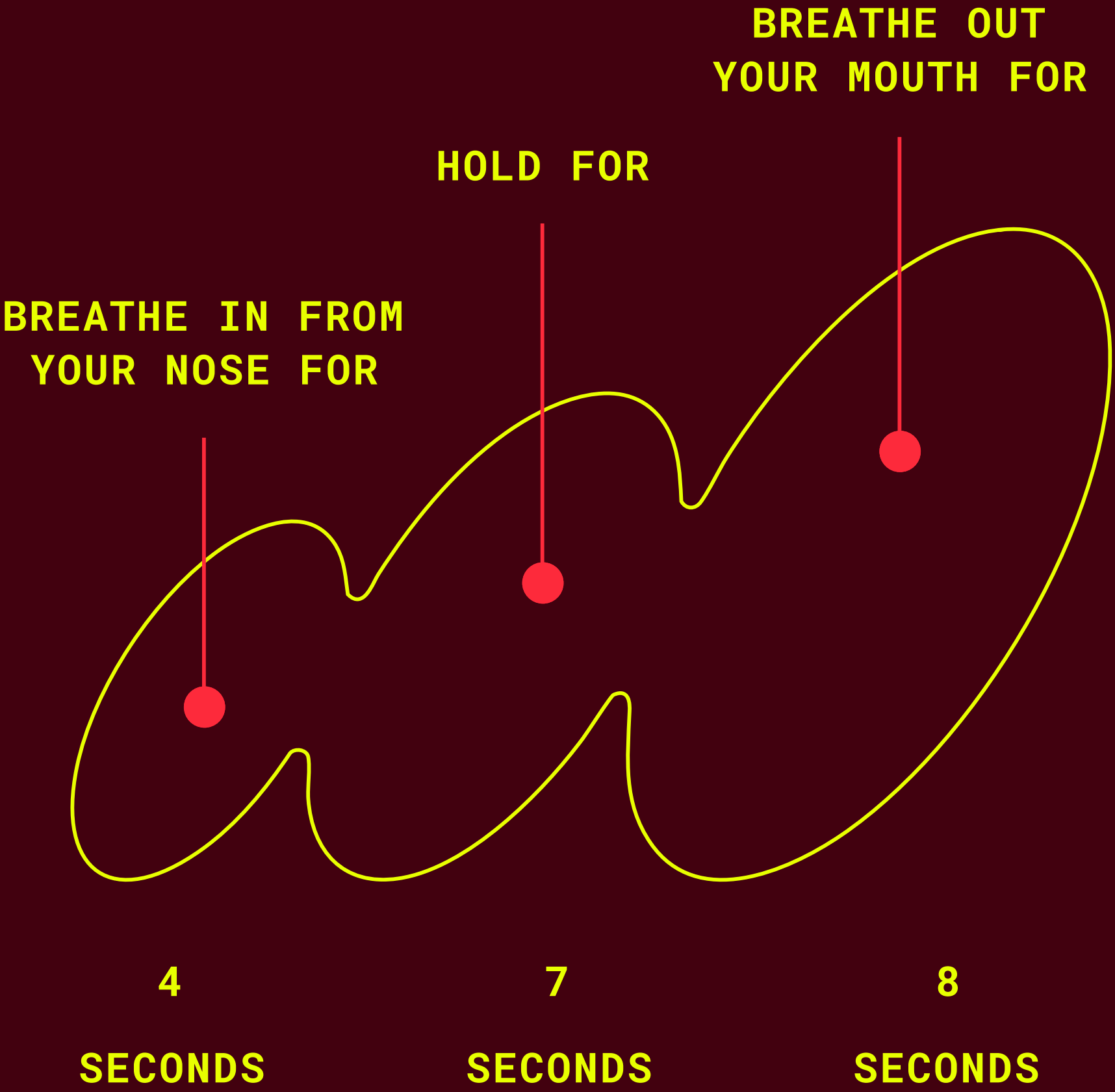
WHAT THIS SESSION IS

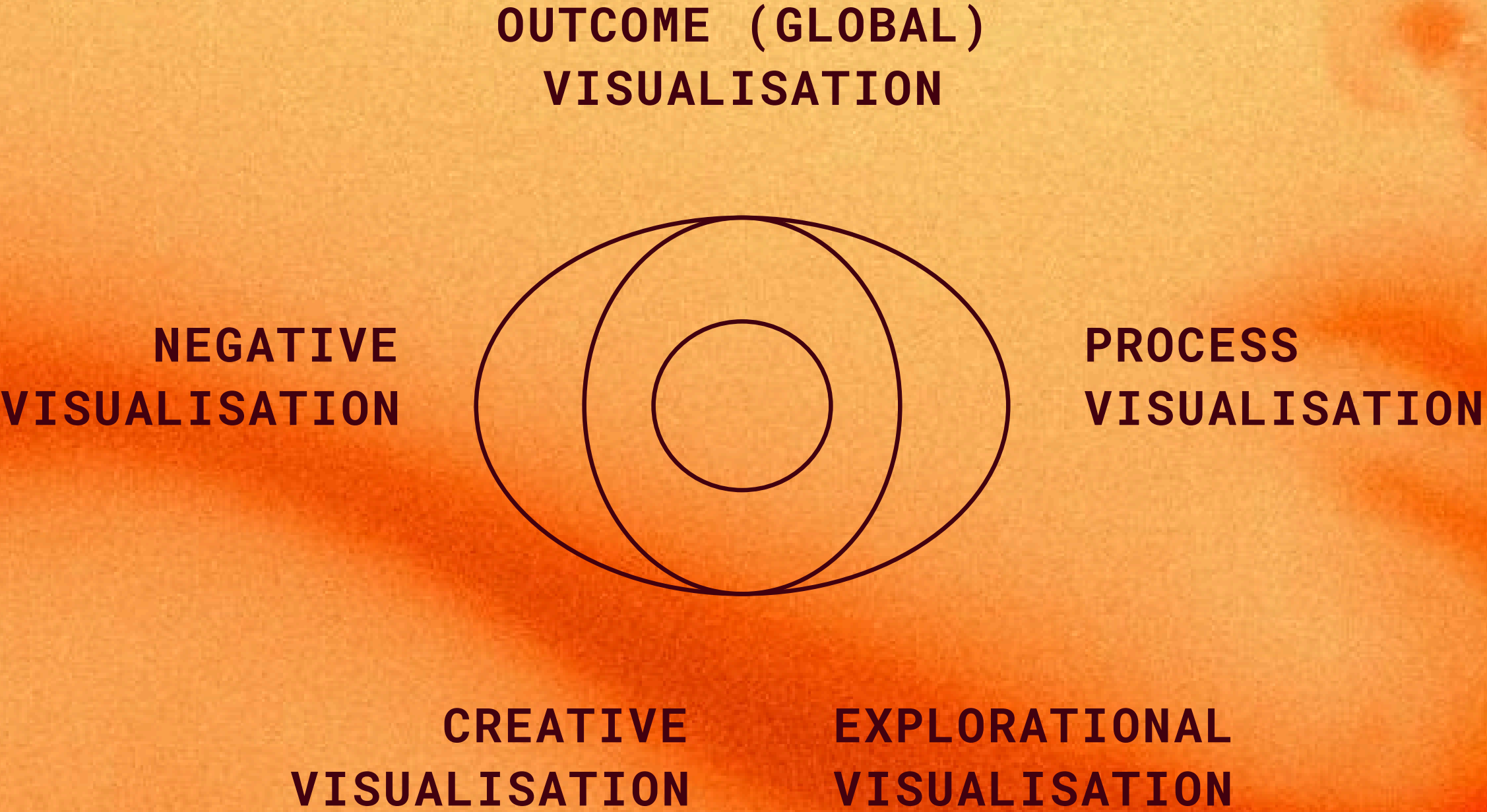


IMMERSIVE. REFLECTIVE. RESTORATIVE.

- NOT A KEYNOTE
- NOT A PANEL
- A SPACE TO RESET

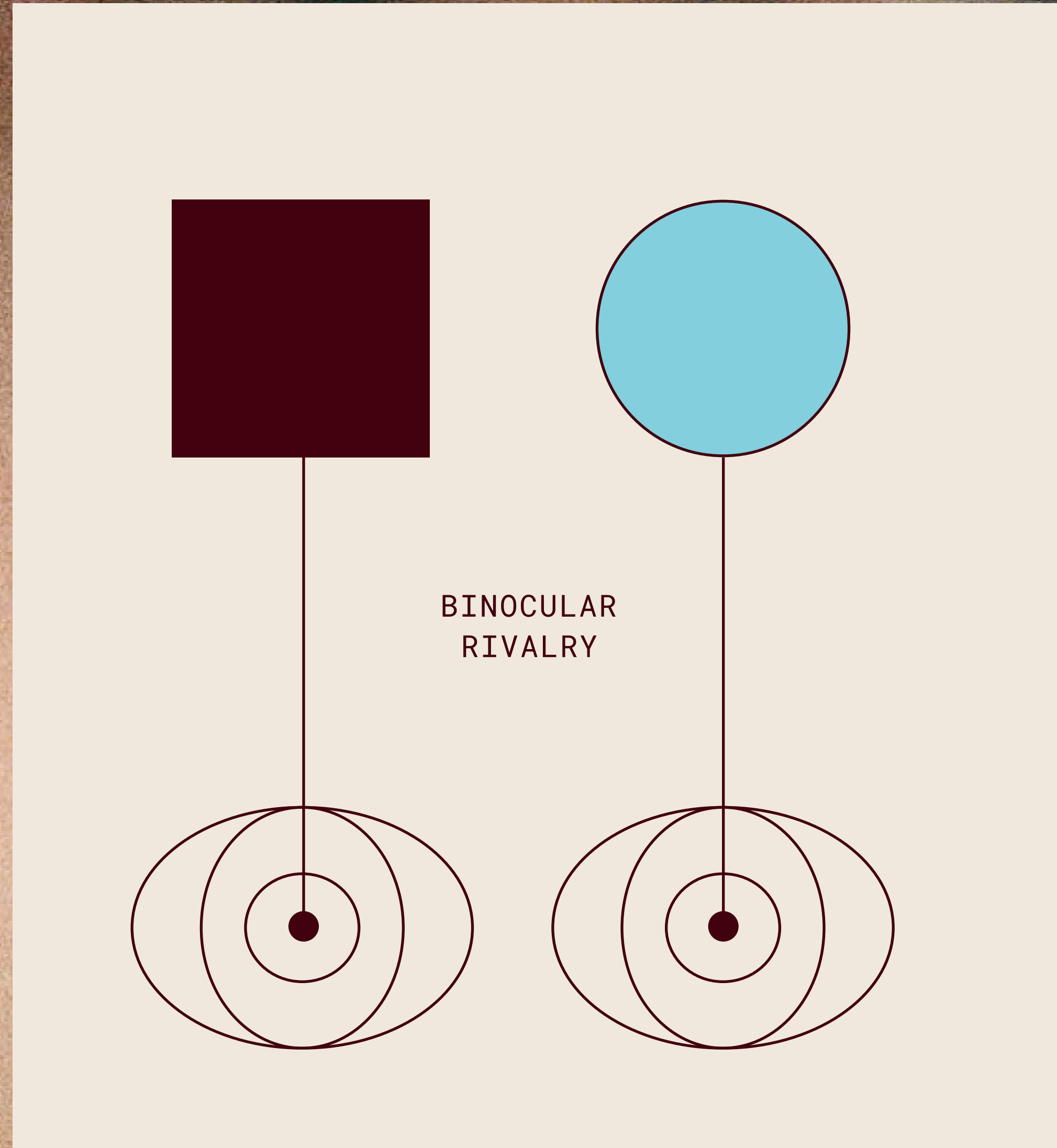
LET'S BREATHE TOGETHER



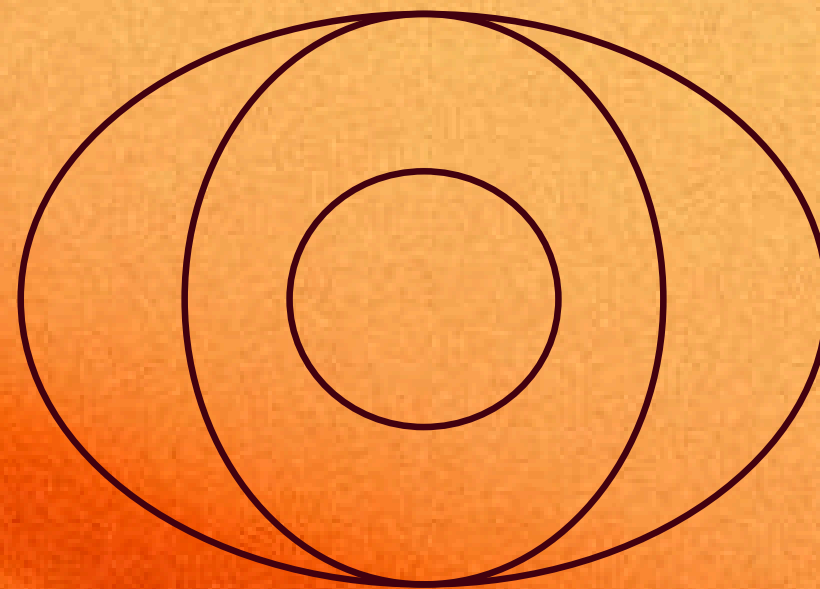


VISUALISATION

THE POWER OF VISUALISATION



OUTCOME (GLOBAL)
VISUALISATION



***LET'S GET
INTO IT!***



MEDITATION, MINDFULNESS,
BREATHWORK, JOURNALLING,
CBT, VISUALISATION

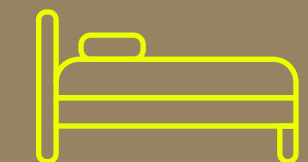


NUTRITIONAL DIET, BUT
ALSO WHAT YOU CONSUME
ONLINE

TIPS FOR EMOTIONAL REGULATION

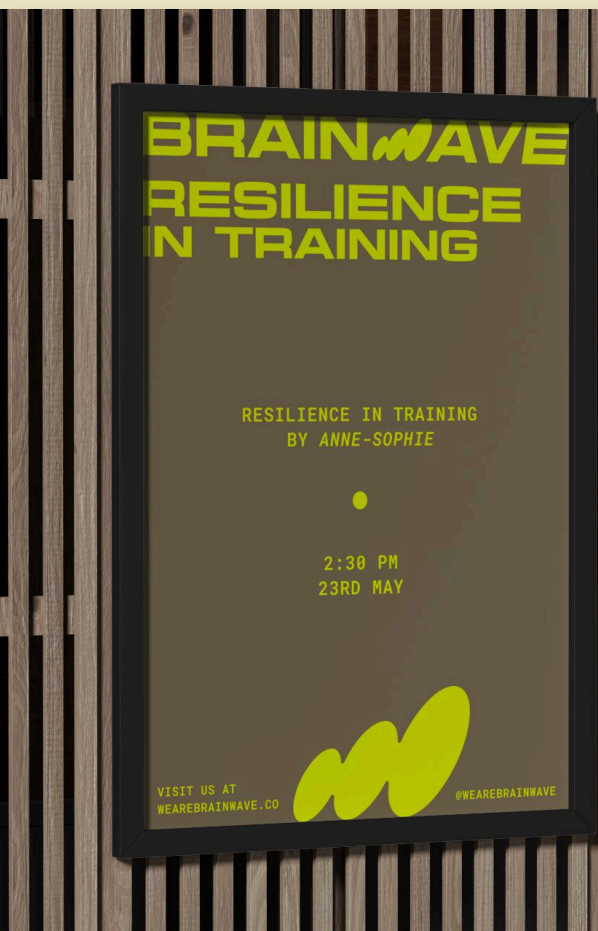


LEARNING ABOUT YOURSELF AND
YOUR BRAIN



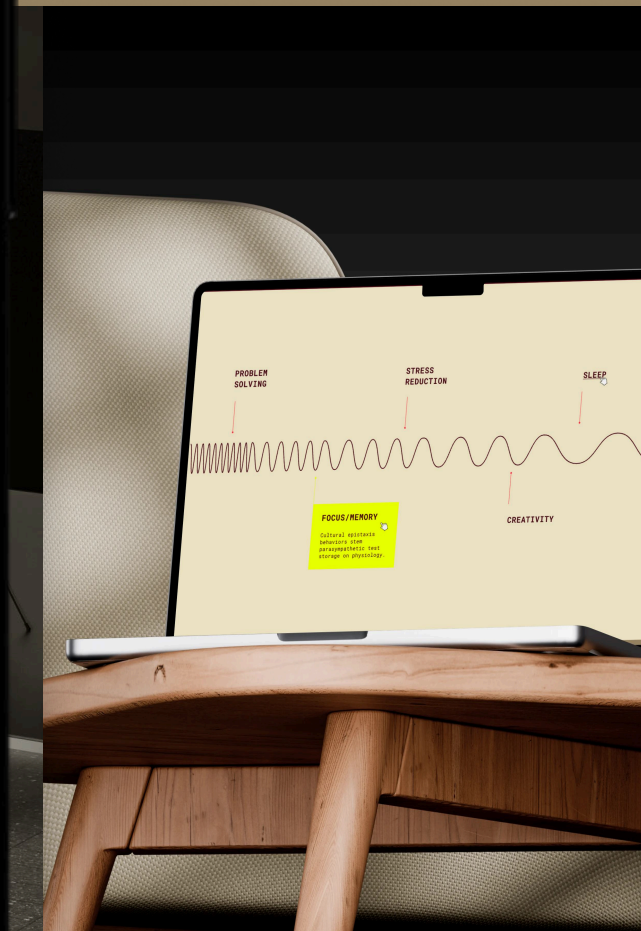
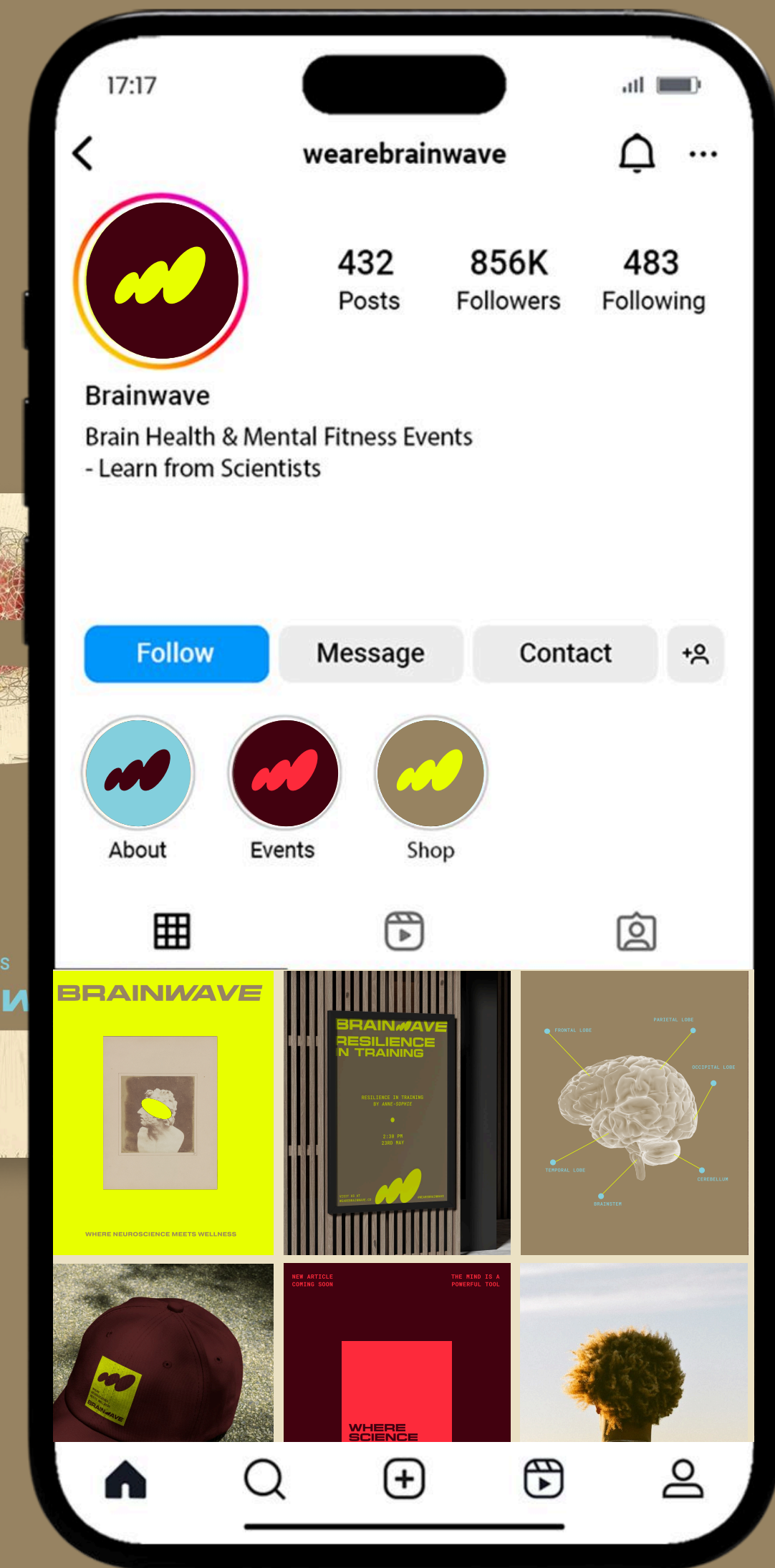
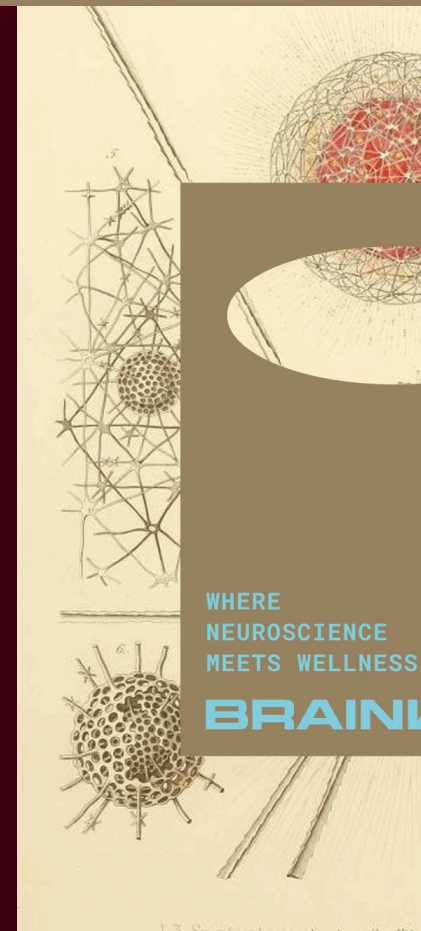
PRIORITISE SLEEP AND LEARN
HOW TO INTENTIONALLY RELAX

THANK YOU FOR PARTICIPATING!



BRAINWAVE

STATEMENT
MESSAGE CAN
GO HERE



LET'S CONNECT

@WEAREBRAINWAVE

WWW.WEAREBRAINWAVE.CO

ANNE-SOPHIE FLURI

