

Brain Based Wellbeing Sessions

Informative & Practical Approaches to Stress Resilience
By Pat Wilson

Tailored Sessions

Designed for corporate away days, school INSETs, charitable organisations and team wellbeing initiatives, these engaging sessions integrate practical neuroscience insights, stress reduction strategies, and the science of sleep. Each session includes optional relaxation techniques and is fully customised to your team's needs.

What You'll Gain

- A better understanding of how your mind works under pressure
- Tools to pause, reflect and respond, at work and at home
- Greater patience, tolerance, and emotional awareness
- Feeling more valued, supported, and mentally equipped
- Confidence to manage stress and shift unhelpful thought patterns

KEY THEMES

Understanding the Brain Under Pressure:
Learn how stress, anxiety and habit loops form and how to reset them.

Sleep, Rest & Emotional Regulation
Discover how sleep impacts decision-making, mood, and long-term health.

Mental Fitness
Build emotional resilience, adaptability, and clear-headed focus.

Motivation & Mood
Explore the DOSE neurochemicals (Dopamine, Oxytocin, Serotonin, Endorphins) and how to activate them daily.

The Science of Relaxation
Breathwork, mindfulness, and hypnotherapy tools tailored for your context.

DELIVERY OPTIONS

- One off sessions
- Leadership Support Packages
- Large Groups
- 1-1
- Quarterly Workshops Series
- Onsite or Online Delivery
- Small Groups

All content tailored to meet your needs.

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Fully Insured. Enhanced DBS.

ReBOUND Hypnotherapy

FIND OUT MORE

Book a free call to discuss your needs.
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