

FOR EMPLOYERS

A healthier brain is a better day at work

A structured four-week programme that gives your people the latest research on looking after their brains, and practical habits they can start using straight away.

4 live workshops

90 minutes each

Online or on site

Any team size



WHY IT MATTERS

Why brain health belongs in your wellbeing strategy

Focus, memory, decision-making and resilience under pressure all depend on a healthy brain. Brain fog, poor sleep, stress and blood sugar swings affect how people feel and perform every day, and many staff worry about dementia in a parent or about their own long-term risk.

Our programme turns the latest evidence into clear, practical guidance your people can use at work and at home.

45%

of dementia cases are linked to risk factors that can be changed.

The Lancet Commission, 2024:
[thelancet.com/commissions-do/dementia-prevention-intervention-and-care](https://www.thelancet.com/commissions-do/dementia-prevention-intervention-and-care)

THE PROGRAMME

Four weeks. Four workshops. One healthier brain.

One live, 90-minute workshop a week for four consecutive weeks. Each session pairs the latest research with practical tools, time for questions and simple actions to try before the next week.

Week 1 90 min live

Know Your Brain Understanding your risk and your results

What influences cognitive decline, and which risk factors can we do something about? Why each person's health picture matters, and how different tests and results can give useful information.

Week 2 90 min live

The Metabolic Brain Gut health, glucose and insulin

The gut—brain connection, and how metabolic health, blood sugar regulation and insulin resistance affect energy, focus and long-term brain health.

Week 3 90 min live

Feed Your Brain Nutrition and the habits that make it last

The nutritional principles that support brain health, and how to turn good intentions into habits that last through busy working weeks.

Week 4 90 min live

Reset Your Rhythm Sleep, stress and circadian health

How sleep, stress and daily rhythm affect each other, with practical ways to build routines that support the brain, mood and performance.

Always up to date. Every year our team attends leading international brain health conferences and educational events, and brings that learning into each programme.

WHAT'S INCLUDED

What your employees receive

- ✓ Four live, interactive 90-minute workshops led by CogMission clinicians
- ✓ Practical tools, strategies and habit plans to use between sessions
- ✓ Time in every session to ask questions
- ✓ Access to our pre-recorded resource library, covering brain training, exercise and habit change
- ✓ A supportive group setting where colleagues can share experiences

FOR YOUR ORGANISATION

- ✓ A wellbeing initiative built on current research
- ✓ Employees who feel confident making changes
- ✓ Stress, sleep, menopause and healthy ageing in one programme
- ✓ A shared experience that brings colleagues together

WHO IT'S FOR

Everyone, with or without symptoms

Employees don't need a diagnosis to benefit. It is particularly valuable for people who:

- want to protect their focus, memory and energy as they age
- have noticed brain fog, word-finding difficulties or occasional memory lapses
- have a family history of dementia, or care for a relative with memory problems
- are going through perimenopause or menopause and noticing changes in concentration
- work in high-pressure roles where sleep and stress take a toll

HOW IT WORKS

From first call to follow-up

01

Book a free call

Tell us about your organisation, your team and your goals.

02

We tailor the programme

We agree dates, format and any areas of focus.

03

We deliver four weeks

Live sessions online or at your workplace, with resources for everyone.

04

We review together

Participant feedback and recommended next steps.

DELIVERY OPTIONS

Built around how your team works

Online

For teams across sites or working remotely.

On site

At your workplace in Edinburgh and central Scotland.

Flexible timing

Lunchtime, during the day or after work.

Any group size

From leadership teams to company-wide cohorts.

Invest in the brains behind your business

Book a free 20-minute call to discuss a programme for your team. Pricing depends on group size and format, and we'll send a tailored proposal.

[Book a free call](#)[Call 0131 235 1238](tel:01312351238)cogmission.co.uk/contact-us