

CHARLOTTE BRAITHWAITE

Charlotte Braithwaite examines what happens to human identity, judgement and meaning when the pace of modern change and acceleration outstrips our capacity to integrate it.

Charlotte (MA, MBACP, Dip.) is an award-winning psychotherapist, educator and speaker examining a defining challenge of our time: sustaining psychological longevity and wellbeing in environments of sustained cognitive and performance pressure, amid rapid technological and social change.



With a background in commercial environments, Charlotte reframes success through a human lens, arguing that the most critical form of intelligence today is not IQ, EQ or even AI, but metacognition - the capacity to pause in pressure, regulate the Self and make conscious decisions. Her work strengthens psychological maturity and emotional coherence, supporting the quality of our human experience and enabling sustainable performance without burnout or identity erosion.

SIGNATURE TOPICS

Psychological Longevity:

Sustaining Human Capacity in an Age of Acceleration

The Human Advantage:

Why Success is Moving Beyond IQ and EQ

The Psychology of Modern Influence:

How Para-Social Relationships Build Trust and Authority

*Bespoke talks available on request





WHAT CHARLOTTE BRINGS TO YOU

- Integrates psychotherapy, neuroscience and commercial leadership to **sustain human performance** under pressure
- Introduces original language for the **psychological costs** of relentless pressure and complexity
- **Strengthens human intelligence** through metacognitive clarity, judgement and values-led decision-making
- Translates psychological insight into **commercially relevant** leadership practice

SPEAKING & CONSULTING

- Conference keynotes (45–90 minutes)
- Executive and board-level sessions
- Leadership off-sites and retreats
- Bespoke organisational programmes

CLIENT TESTIMONIALS

"Charlotte's professionalism, reliability, and personal touch ensure consistently delights our clients with her deep expertise and engaging delivery, creating meaningful impact. The team all love working with Charlotte - she sets the standard for a true, impactful partnership."

- **Kirsten, CEO & Founder, Kamwell Ltd**

"Charlotte is incredibly engaging and speaks passionately, with authority. We received overwhelmingly positive feedback from our staff; people particularly valued her practical, relatable material."

- **Claire, Director of HR, GamCare**

CONTINUE THE CONVERSATION

For keynote bookings, executive sessions or bespoke engagements:

 07467915562

 hello@charlottebraithwaite.com

 Charlotte Braithwaite MA., MBACP

 @Be_Conscious_with_Charlotte

