

# Charlotte Braithwaite

PSYCHOTHERAPIST | EDUCATOR | ADVISOR | SPEAKER



*“People are living full and fast lives.  
Very few are living well and whole ones.”*

Charlotte (MA, MBACP, Dip.) is an award-winning psychotherapist, speaker and the creator of Psychological Longevity™, a research-grounded framework for the sustained capacity to function, connect, lead and find meaning across the full arc of a demanding career and life.

Human beings have built a world that is no longer aligned with the human design. The pace, pressure and relentless demand of modern professional life are not eroding productivity - they are eroding something far more consequential: our sense of self, our capacity for depth and our psychological coherence. Charlotte calls this psychological thinning: the quiet, progressive narrowing of the inner life that leaves people full and fast, but not well and whole.

Drawing on psychotherapy, neuroscience and her original Psychological Longevity™ framework, her work helps individuals and organisations build the psychological architecture that sustains performance without depleting the human behind it - grounded in clinical expertise, shaped by deep commercial understanding, and as relevant in the boardroom as it is in the consulting room.

## 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

- **Introduces Psychological Longevity™**  
An original, research-grounded framework for living and working well and whole, not just full and fast.
- **Names the real issue**  
Articulates what the modern world is doing to the inner life, and makes the case for why that is the defining performance challenge of our time.
- **Bridges clinical and commercial**  
Grounds every insight in psychotherapy and neuroscience while making it immediately relevant to leadership, culture and organisational performance.
- **Builds genuine capacity**  
Strengthens cognitive clarity, emotional coherence and identity stability in environments specifically designed to undermine them

## 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 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:

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 Charlotte Braithwaite MA., MBACP

 @Be\_Conscious\_with\_Charlotte

