

# Charlotte Braithwaite

PSYCHOTHERAPIST | EDUCATOR | ADVISOR | SPEAKER

# The Human Advantage

## *Protecting Deep Thinking in a World at High Speed*

In a world where tech, code and AI process at infinite speed, the organisations navigating this moment best are the ones investing in the human intelligence that must direct it. The human advantage is not competing with pace, it's the quality of thinking that cannot be automated: depth, nuance, wisdom, the capacity to see what data cannot - and most high-performing organisations are quietly eroding them without knowing it.

Charlotte Braithwaite (MA, MBACP) is a Psychotherapist, Psychoeducation Expert and Keynote Speaker. Through her Psychological Longevity™ framework, she speaks directly to the 'psychological thinning' many leaders are experiencing, and shares the sustainable cognitive cadence that allows leaders to move fast without losing the quality of mind that actually determines outcomes.

## What your organisation gains:

- 01** **The science** of what speed is doing to cognitive capacity - and why the most capable leaders are most at risk
- 02** **A mindset reframe** of depth and reflection as the foundation of high performance, not its opposite
- 03** **A practical framework** for Rhythm: sustainable cognitive cadence built for demanding environments
- 04** **Enhanced metacognition** that genuinely protects their thinking capacity as the human advantage in the AI age

## Enquiries & Bookings

For keynotes, executive sessions or bespoke engagements:

✉ [hello@charlottebraithwaite.com](mailto:hello@charlottebraithwaite.com)

🌐 [Charlotte Braithwaite MA., MBACP](#)



*"Charlotte has a deep knowledge of the challenges employers and employees face in these unprecedented times. She delivered very relevant, thought provoking sessions, with excellent feedback."*

- Tim, Organisational Consultant