

ZOOM MEETING

Thursday, 12th November 2020

5:00 pm – 6:30 pm



Welcome to the agenda for our next “virtual” meeting. The title of this session should give you a flavour of what to expect. We have assembled a great panel of speakers: Dr Nerina Ramlakhan - a sleep and energy expert, Ellie Main- a nutritionist, and Lotte Mikkelsen - a laughter coach and therapist. It should be an uplifting 90 minutes and provide us with some practical advice about how we can all survive and thrive in this uncertain environment. With another lockdown just announced this session is just what we all need right now. This session will be moderated by one of our founding members, Cathy Garner. Cathy has been attending TWIN meetings since we started in September 2007. To reserve your place/s, please contact me at patricia@the-net-work-meetings.com

“Eat, Sleep, Laugh”



Cathy Garner
Co-Founder & Director
G3P



Ellie Main
Nutritional Therapist
Ellie Main Nutrition



Dr Nerina Ramlakhan
Sleep & Energy Expert
Dr Nerina



Lotte Mikkelsen
Director, **UnifedMind Ltd**
& Founder/Partner, TLC

Cathy Garner, BSc (Hons), ACII, Chartered Insurer, is a co-founder and Director of G3P, a company formed to set up a new life and health insurance carrier in Europe. During her 30+ year career, she has been the Active Underwriter of both ANV Life Syndicate 779 and Kiln Life Syndicate 308, and latterly was the Global Head of Life and Disability for Global Benefits Group. Prior to entering Lloyd's, Cathy spent a decade working for Swiss Re Life & Health UK and Friends' Provident. In 2016 Cathy was identified by young insurers as an industry role model in an Insurance Post survey, and as an Influential Woman in Re/Insurance by the Intelligent Insurer. She is a Liveryman of the Worshipful Company of Insurers, and a Freeman of the City of London.

Ellie Main (Dip CNM) is a nutritional therapist who is passionate about translating the science of nutrition into practical and achievable actions for her clients, driven from her own experience of poor health.

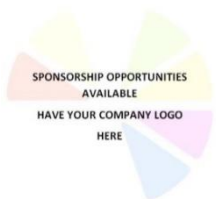
She has a small clinical practice, balanced against a successful career in banking, providing bespoke programmes for her clients. Ellie helps her clients to create and maintain a healthy lifestyle supported by food-based nutrition, strategic supplementation, stress management and movement. She guides and empowers her clients in their journey towards greater wellness, energy, and vibrancy.

Nerina Ramlakhan PHD is a physiologist who has specialised in maximising individual and organisational performance for over two decades. After completing her post-doctoral training and research into the effects of lifestyle interventions on the alleviation of mental disorders, she spent five years in corporate health screening before studying organisational psychiatry and psychology at Guys Hospital and beginning organisational consultancy, workshop facilitation and coaching. For over a decade she worked with the Nightingale Psychiatric Hospital in London on their sleep, energy & physical health programmes that are designed to support mental wellbeing.

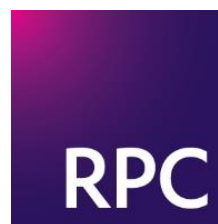
Lotte Mikkelsen is the leading Laughter Yoga Expert in the UK as well as the Laughter Yoga Master Trainer in the UK and Laughter Ambassador with a background in technology and a diagnosis of MS.

Over 1500 individuals have chosen to train as Laughter Yoga Facilitators with Lotte and she has held more than 1000 corporate workshops. With all of this in her bag she has a great story to tell from a personal, professional, and corporate perspective. Lotte's background and personality enables her to connect with people in a compassionate, fun, and engaging way.

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