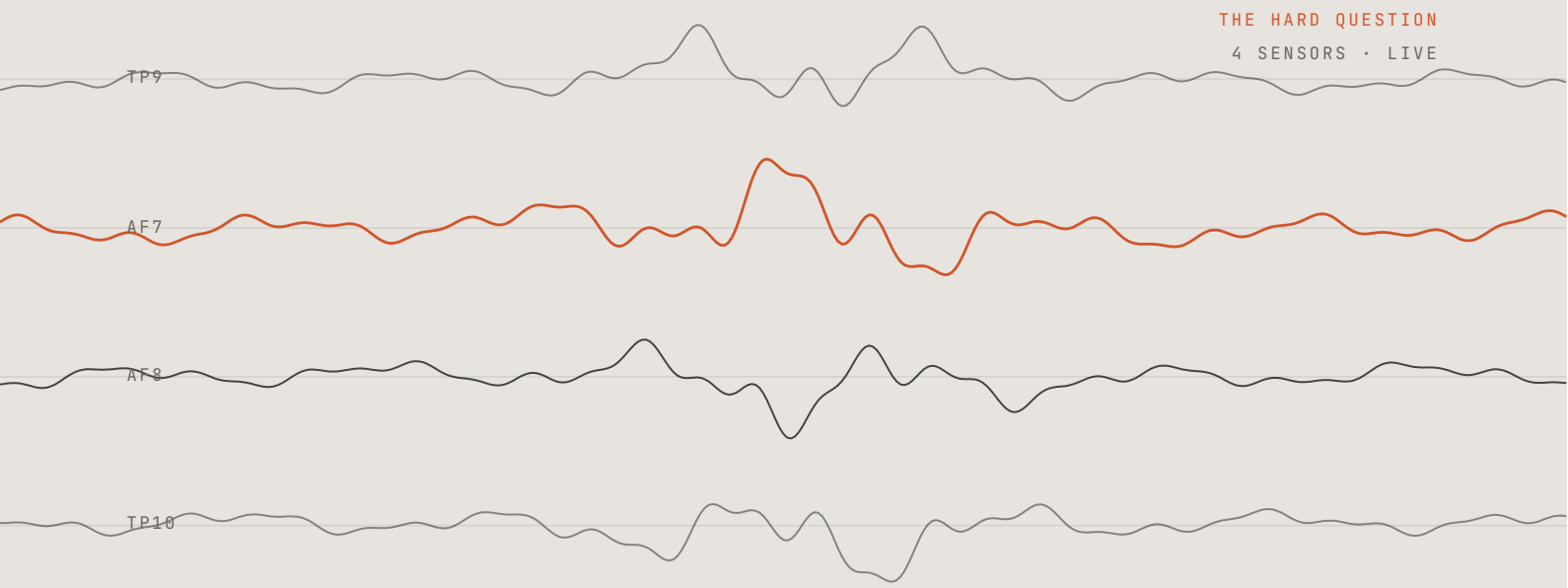
SESSION



BRAIN TRAINING WORKSHOPS · 2026

Brain Training for fear, nerves and pressure at work.

A half day workshop for teams. People see what pressure does to their brain signal on an EEG headband, learn three ways to steady it, and keep training for three months in the Neuro room.

Half day	8 to 25	In person	£300
THREE HOURS	PEOPLE	LONDON · BERLIN · AMSTERDAM	HEADBAND AND THREE MONTHS

WHY HR TEAMS BOOK IT

When people freeze in a meeting, it is usually not because they were unprepared.

The presentation was prepared. The difficult conversation was planned. Then the pressure arrived and the words went.

That is the body treating a high stakes moment as a threat. Presentation skills training does not change that response on its own. Brain Training works on the response directly. People see theirs live on a headband, learn a way to bring it down, and practise until they can do it on demand.

BUILT FOR

01 Managers facing their first hard conversations

02 Sales and client teams in pitches and negotiations

03 Leaders presenting to boards and investors

04 Anyone whose nerves or performance anxiety at work are holding back what they can do

WHAT PRESSURE DOES

01

The pressure arrives

A question you were dreading, in front of people whose opinion matters.

02

The body reads a threat

Heart rate rises and stress hormones go up within seconds.

03

Breathing shortens

Shallow and high in the chest, which keeps the alarm running.

04

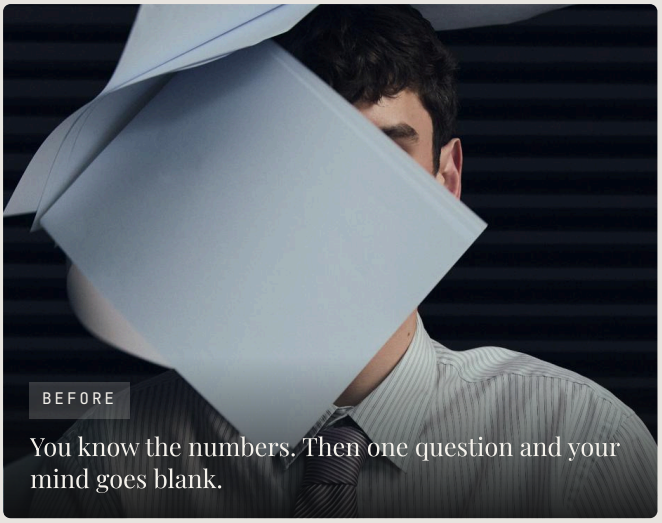
Attention narrows

Onto the danger, and away from the words and the person in front of you.



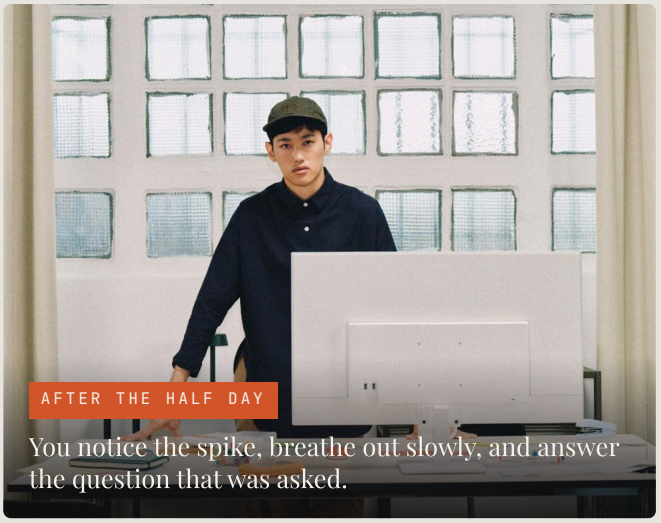
SOUND FAMILIAR

The moments your people tell us about, and what changes.



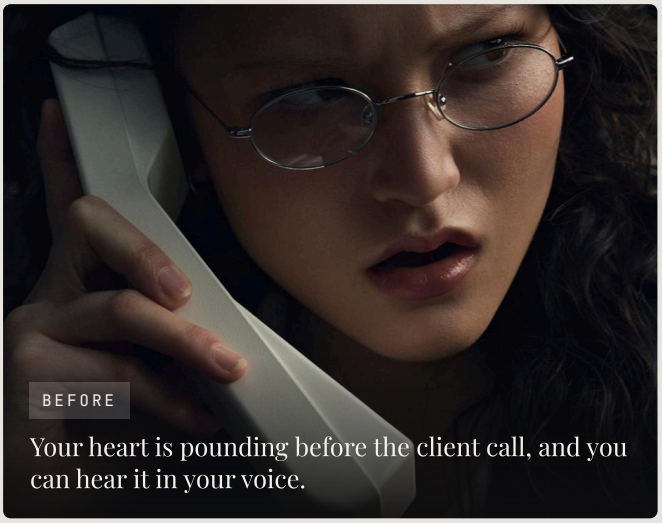
BEFORE

You know the numbers. Then one question and your mind goes blank.



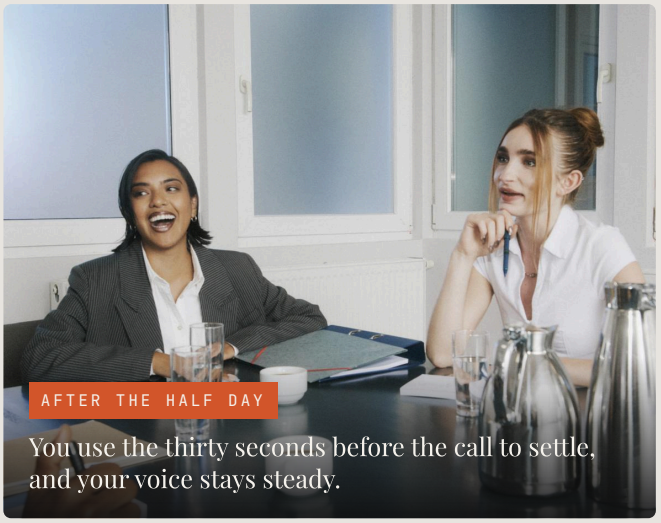
AFTER THE HALF DAY

You notice the spike, breathe out slowly, and answer the question that was asked.



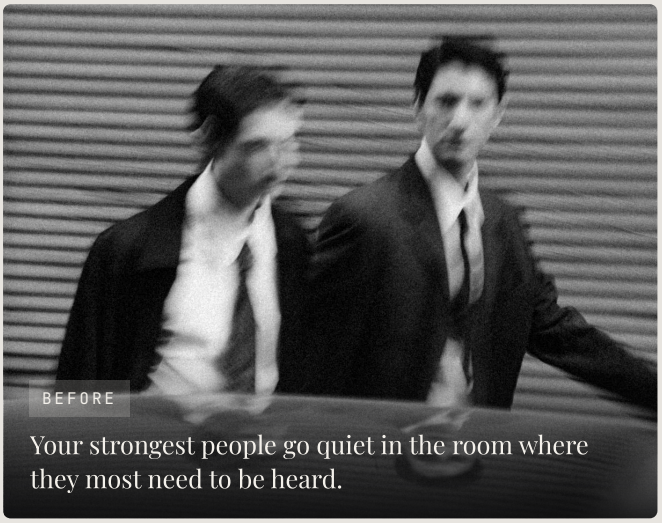
BEFORE

Your heart is pounding before the client call, and you can hear it in your voice.



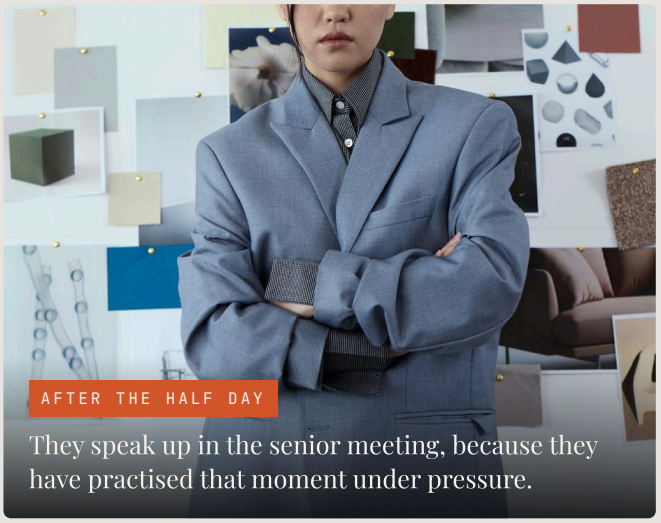
AFTER THE HALF DAY

You use the thirty seconds before the call to settle, and your voice stays steady.



BEFORE

Your strongest people go quiet in the room where they most need to be heard.



AFTER THE HALF DAY

They speak up in the senior meeting, because they have practised that moment under pressure.



WHAT PEOPLE LEARN

Three ways to steady the response.

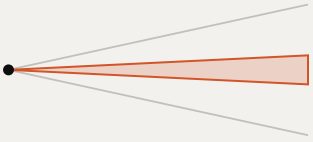
Each one is short enough to use in the thirty seconds before a meeting, and each one shows up on the headband.



IN 4 · HOLD 2 · OUT 6

Breathe out longer

A breathing pattern with a long out breath that people can use without anyone noticing.



NARROW TO WIDE

Widen the attention

Moving attention from the threat back to the room and the person in front of them, so they hear the question actually asked.



DANGER TO READINESS

Change what the moment means

Reading a racing heart as readiness rather than danger.

THE HALF DAY

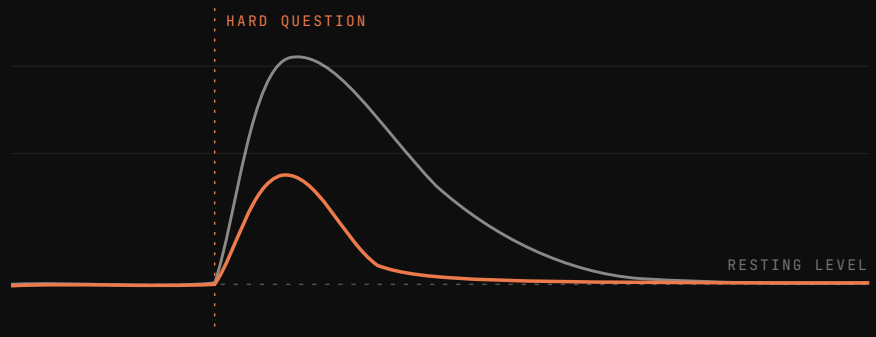
Three hours, with the hard question asked twice.

We build the pressure questions with you beforehand, so they are the moments your people really face.

0:00	What pressure does	The threat response explained plainly, with the headband on a volunteer so the room can see a resting signal.
0:25	The hard question, live	The volunteer answers a question they have been dreading while everyone watches the signal on a large screen. Nothing is shown without their written agreement.
0:55	Three techniques	Breathing, attention and reframing, taught and practised by everyone.
1:40	Break	Fifteen minutes.
1:55	Practise in pairs	People take turns asking each other their own hard questions, wearing a headband, and watch what changes when they use the techniques.
2:35	The same question again	The volunteer answers the first question a second time. We compare both attempts on screen.
2:50	Three months of practice	Everyone with a headband is connected to the Neuro room and runs their first session before they leave.

WHAT THE ROOM SEES

The first answer against the second.



First answer Second answer, after training

Example for illustration. Not a real person's data. A lower peak and a faster return to resting level is what training the response looks like.

HEADBANDS

DEMO

We bring the headbands

For the live demonstration, and people try them in turns during the practice.

- The full half day
- Live signal on a large screen
- Everyone learns the three techniques
- A grouped summary for HR

Workshop fee

Quoted for your group size and location

KEEP TRAINING

A headband for every person

Each person keeps a four sensor EEG headband and gets three months in the Neuro room.



- A headband each to keep
- Three months in the Neuro room
- Set up and tested in the workshop

£300 per person

On top of the workshop fee

The Neuro room runs in Chrome or Edge on a laptop with Bluetooth. Headband support is new, so we connect and test every headband in the workshop itself.

WHAT HR NEEDS TO KNOW

What does HR see?

A grouped summary of the workshop and of practice afterwards. Never an individual's signal, recording or what they said.

Does anyone have to go on screen?

No. The volunteer chooses to, and agrees in writing to what the room sees. Everyone else practises in pairs.

Is this therapy?

No. It is performance coaching for work. It does not diagnose or treat anything and it is not a replacement for support from a doctor.

After three months

People keep the headband and the techniques. We can quote for more time in the Neuro room, or the team can carry on in Mara.

THE EVIDENCE

2 to 4×
Being judged raises stress hormones
Kirschbaum et al., 1993

4
Sensors match a laboratory system
Krigolson et al., 2017

15
Studies on slow breathing and lower arousal
Zaccaro et al., 2018

37
Studies on practising under pressure
Saunders et al., 1996

Reading nerves as excitement improved speeches: Brooks, 2014. Reappraising arousal improved the body's response to stress: Jamieson et al., 2012.

WHAT THIS IS

This is never a diagnosis. It is about teaching self calming techniques that people can use in the moments that matter at work.



RUN BY

Jade Matthew

Performance psychologist and founder of Session.

ENQUIRE FOR YOUR TEAM

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