

Neuroscience-Driven Solutions for Wellbeing at Work

A MIND-FIRST APPROACH TO EMOTIONAL, COGNITIVE & PHYSICAL WELLBEING AT WORK

Supporting healthier minds, regulated nervous systems and sustained performance across teams.



Sinéad Doohan Workplace Wellbeing & Performance Specialist

CHyp, RTT, HTP, EFT (L2), LSSGB

www.thehappyme.ie

sineaddoohan@thehappyme.ie +353 879383231



ABOUT SINÉAD & HER APPROACH

The Mind Solves What Wellbeing Policies Cannot

Modern wellbeing strategies often manage symptoms, not the deeper emotional, cognitive and physical processes that create stress and overwhelm. Without addressing the mind and nervous system, organisations continue to see rising absenteeism, emotional fatigue and hidden performance loss.

Sinéad Doohan is a Workplace Wellbeing and Performance Specialist

Her work is evidence supported, neuroscience based and grounded in Six Sigma thinking. She helps organisations understand and resolve the internal drivers that shape how people think, feel and respond at work. Using a mind-first approach, she supports teams to rewire stress patterns, strengthen emotional regulation and reconnect with clarity and calm.

Why She's Different

Sinéad uses practical, evidence supported tools to help employees uncover and shift the unconscious patterns that influence stress responses, emotional triggers, thinking under pressure, confidence, communication and physical wellbeing. She brings together science, psychology and human behaviour to transform how people experience themselves at work.

Why It Matters

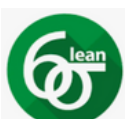
Surface-level wellbeing initiatives often focus on managing symptoms. When emotional and cognitive patterns are not addressed, people remain stuck in cycles of stress and recovery, impacting wellbeing, engagement and performance.

Why This Works

With over 20 years of corporate experience, including 13 years at Microsoft, Sinéad applies Six Sigma process excellence to the human mind. By combining operational insight with evidence supported methods, she helps people create measurable improvements in regulation, resilience and wellbeing.

The Result

Healthier, more emotionally aware teams who communicate clearly, manage pressure effectively and perform at a higher level with clarity and confidence.



THE COST OF INEFFECTIVE WELLBEING STRATEGIES

What happens when wellbeing policies can't solve what's really going on.

- Harvard University research shows that **one in two people globally will experience a mental health challenge** in their lifetime.
- The World Health Organization (WHO) estimates that **depression and anxiety cost the global economy US\$1 trillion** each year in lost productivity.
- According to McKinsey & the World Economic Forum, **investing in holistic employee wellbeing could unlock US\$11.7 trillion** in global economic value.

Despite strong wellbeing frameworks on paper, many employees continue to experience ongoing stress, fatigue and emotional strain, the early stages of the same mental and physical challenges that impact focus, performance and long-term health.

Why Wait for Signs of Strain

Just as you would not wait for your car's warning light before acting, organisations should not wait for crisis before addressing wellbeing.

Many initiatives look effective on paper, with benefits and workshops in place, but they do not create the internal shift that connects emotional and physical wellbeing. When these remain disconnected, employees can appear fine on the outside but are not regulated on the inside.

Reactive support limits performance and engagement, while absenteeism, presenteeism and quiet turnover quietly rise in the background.

The Cost You Don't See

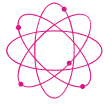
Pressure does not always originate at work, yet its impact follows people into the workplace. When emotional strain is unprocessed, the body stays in a state of alert. Over time, this shows up as exhaustion, physical symptoms, disengagement, conflict or poor concentration, even when everything appears fine on the surface.

Employees may be present, but their mind & body are operating in survival. Energy, communication and confidence fall, and hidden costs begin to grow.

Policies and benefits may look strong on paper, but if the mind and body remain dysregulated, performance never reaches its full potential. Addressing wellbeing at its source, in the mind and nervous system, restores clarity, calm and engagement before issues escalate.

6 PILLARS OF SUSTAINABLE WELLBEING

Our Six Pillars of Sustainable Wellbeing combine neuroscience, process thinking and practical tools to create lasting change in people and performance.



Scientific Approach

Using evidence supported neuroscience techniques to uncover and address the root causes of self-doubt, stress, overwhelm, and physiological stress.



Process-Driven Solutions

Applying structured methodologies, including Six Sigma principles, to turn insight into measurable improvements in clarity, focus, efficiency, and wellbeing.



Facilitative Flexibility

Facilitating, not just training, by tailoring each programme to the team's unique needs for engagement, relevance, and meaningful impact.



Insight & Self-Discovery

Empowering individuals through guided insights & self-discovery. Igniting curiosity and sustainable behavioural change.



Results Focused

Using measurable goals & feedback loops to track progress, ensure accountability and deliver tangible results.



Continued Support

Practical tools, resources and 1:1 support to reinforce learning and create long-term, sustained change.

Measurable Benefits for your Business

Evidence shows that sustainable, mind-first wellbeing delivers measurable returns across performance, clarity, motivation and retention.

Improved ROI

According to Deloitte (2024), UK employers see an average return of £4.70 for every £1 invested in wellbeing, with early intervention delivering the strongest impact.

Boosted Productivity

60% of employees say they would feel more motivated and recommend their workplace if their employer actively supported wellbeing.

Attract Top Talent

81% of professionals report they will prioritise employers that actively support wellbeing when considering new roles.

In Person Workshops / Team Programs

Interactive, evidence-supported programmes designed to create measurable shifts in mindset, resilience and performance.

Mastering the Mind for Sustainable Success

- Understand the root causes of self-doubt and rewire thought patterns to strengthen confidence, clarity and a high-performance mindset.

Process-Driven Solutions for High Performance

- Apply Six Sigma principles to the mind to optimise mental processes, reduce emotional reactivity, build cohesion and enhance decision-making.

Resilience and Sustainable Wellbeing

- Learn practical tools to build resilience, regulate the nervous system and maintain peak performance and physiological wellbeing in high-pressure environments.

Performance Focused Sales Coaching Program

- A results-driven programme combining individual transformation sessions and group workshops to strengthen performance, motivation and emotional resilience in sales teams.

Resilience & Conflict Resolution Strategies

- Equip your team with neuroscience-based techniques to manage conflict, stay composed under pressure, and sustain peak performance.

Wellbeing at work initiative

- A long-term wellbeing programme designed to support emotional, cognitive and physical wellbeing. Includes regular workshops, 1:1 mind-led check-ins and access to ongoing support and resources.

Lunchtime Talks

Breaking the Cycle of Self Doubt Activate clarity and confident performance.

Conquering Procrastination: Turn avoidance into action.

Finding Calm in Chaos: Mastering Your Nervous System in a Fast-Paced World.

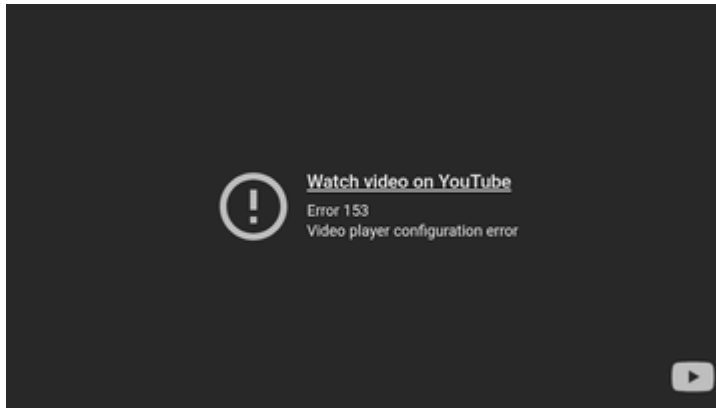
Silencing the Inner Critic: Unlocking Personal and Team Potential.

The Mind-Body Connection: How Nervous System Stress Impacts Well-being.

*****All talks available as workshops**

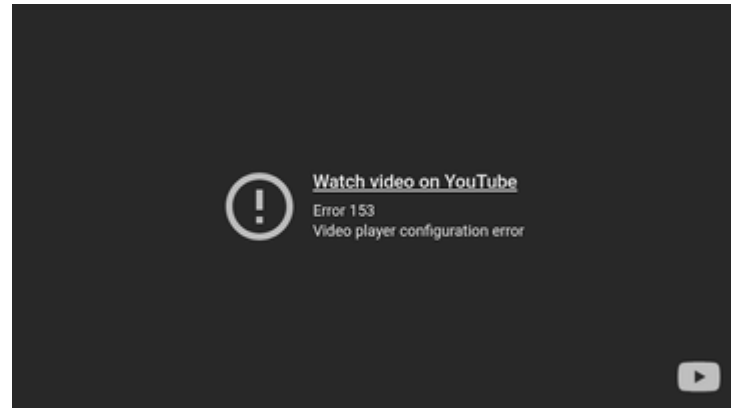
CLIENT SUCCESS STORIES

Real outcomes from professionals who achieved lasting wellbeing and performance gains.



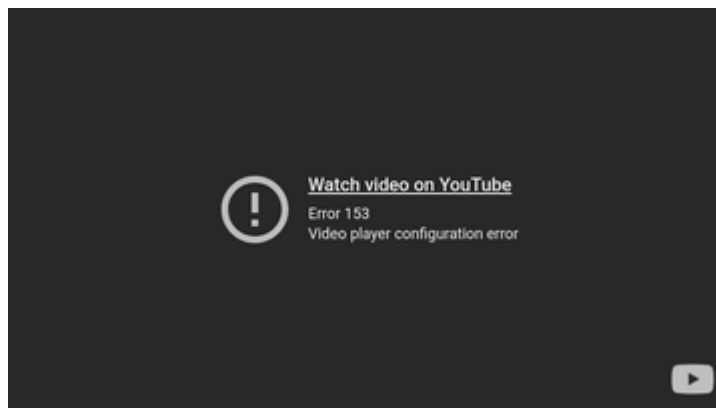
"I don't keep myself small anymore, I'm more comfortable & confident around my superiors at work, which has made work life more enjoyable. If I have an opinion I express it. The shift has been transformative, benefiting both me and those around me."

Sinead. C - Business Analyst



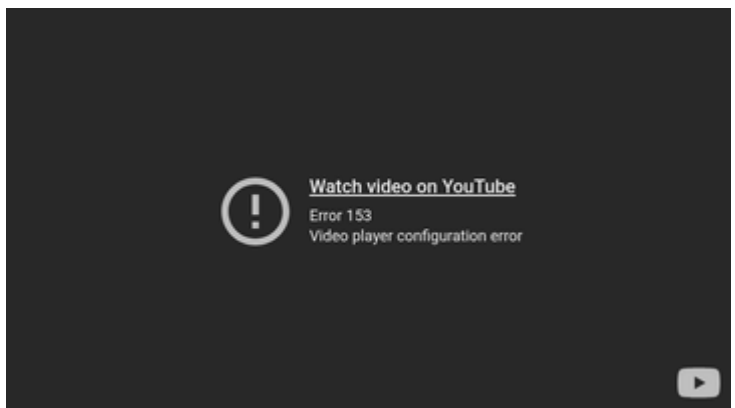
"Before I was collapsing at work, being sent home, and needing time off. I had really bad fatigue and brain fog, I struggled to get through the day and couldn't keep my eyes open in meetings. I was 30% less productive at work. Now, I have more energy and no longer face those challenges."

Kathryn. L - Portfolio Manager



"I felt overwhelmed, I was drowning in workload. From the outside, I looked successful, but behind the scenes, I was suffering. I'd go to work with a smile, yet struggling every day with real, physical symptoms. I haven't had a single pain since. I realised my body was telling me to stop, but I only listened when I was sick. I understand more about myself. It's been life-changing"

Emma - Business Owner



The biggest shift has been how I feel around people. I'm more relaxed and confident, able to engage in conversations without anxiety. I am more effective at work, I've gained confidence that's positively impacted both my work performance & colleagues relationships. I never imagined I'd overcome this, but it works."


Janice - Telecoms Manager



★★★★★

"This programme is amazing. The Guided Visualisation is very powerful. I'm not normally inclined towards engaging in this type of self care, however I am really taken with it. It has made me curious, peaked my interest & I want to explore further"

GERALDINE - CREATIVE ARTIST



★★★★★

"Sinead is one of the most incredible people I have had the opportunity to work with. Her work has transformed my life - it has changed the way I think, work and live. Sinead's work will 100% unlock the potential you didn't even know you had!"

ANGIE - TEACHER

LET'S TALK ABOUT BUILDING A CULTURE OF SUSTAINABLE WELLBEING AND HIGH PERFORMANCE

If you're ready to address wellbeing at its source and drive measurable results, let's talk.



Sinead Doohan, Workplace Wellbeing & Performance Specialist



[CHyp, RTT, HTP, EFT \(L2\), LSSGB](#)

[Sinéad Doohan | LinkedIn](#)

www.thehappyme.ie



THE HAPPY ME
with Sinead Doohan

Email: sineaddoohan@thehappyme.ie

Mobile +353879383231

