

# Charlotte Jameson

Wellbeing and Mindfulness  
Practitioner and Coach

Charlotte Jameson is a Wellbeing and Mindfulness Practitioner & Coach, who is known for her authenticity and energy. Underpinned by formal study in Positive Psychology & Wellbeing, ACT Mindfulness, and coaching, is her almost two decades of practical experience in training and coaching a diverse range of clients.

During her career in strategically transforming cultures, Charlotte has worked in some very intense environments with some very driven people. Consequently, she has seen the ripple effect burnout and fatigue can have on individuals, their teams, and their families.

Charlotte currently specialises in cultivating and supporting positive mindsets and behaviours to enhance employee experience.



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# Summary of Key Points

## Sleep Cycle & The Modern World



The Sleep Cycle



Sleep debt and it's affects



Risk Factors

wellbeing  
gets  
real

## Chronotypes & Protective Factors



Work to your chronotype



Sleep Hygiene



Sleep Routine

## Tiny Habits



Habits reinforce our identity.



Habit formula:  
- Anchor  
- Behaviour  
- Celebration



Resources & APPS

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