



**Lainy Russell**  
Brain & Human  
Behaviour



**Jacqui Moorhouse**  
Alexander  
Technique  
Teacher



**Most of us want to improve or change something. But real, lasting change often feels like an uphill battle. And there's a reason for that.**

**Change is about understanding what your brain is actually doing when you try to do something differently.**

At Flourish, we specialise in training and mentoring in how the brain works and how humans behave, helping individuals, teams and whole cultures break down barriers to change.

This month, we're offering a brand-new workshop here in Littlehampton.

Lainy will be discussing the brain and human behaviour and has teamed up with Alexander Technique teacher Jacqui Moorhouse. They have created a **unique experience** which will help you take a different approach to change. Together they blend neuroscience with body habit awareness to show you why the mind-body connection can help us improve everything we do.

You'll explore how your automatic reactions shape your results, and you'll learn simple, practical tools you can use immediately, to build change that lasts.

It's a small, intimate workshop, open to anyone, whatever your starting point and whatever your goals.