

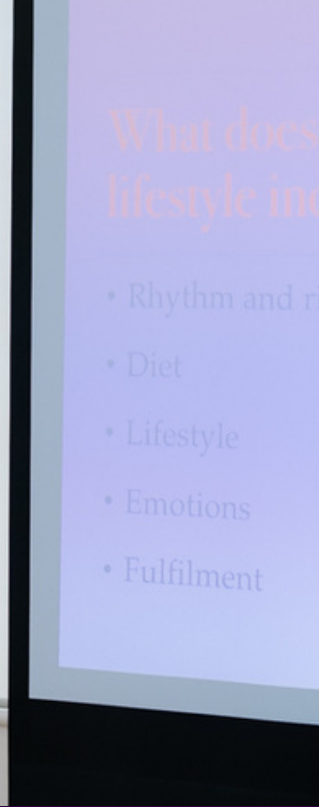


# Speaker's Kit

# Alison Francis

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International Sleep Specialist, Author,  
Ayurvedic Wellbeing Coach, Breathwork  
Facilitator



# Topics

- Holistic (Ayurvedic) Sleep Science
- Nervous system resilience
- The breath and the nervous system
- Sleep and mental health
- Yoga psychology and mental health





# Biography

Alison Francis, also known as Anandi The Sleep Guru has been in the wellness field for over 30 years. She's the creator of Sleepology, a new wellbeing process and in-depth enquiry into the causes of stress, exhaustion and sleep issues.

Alison is the author of 'Breathe Better Sleep Better' which explains how to use the breath as a healing tool, not just for sleep, but for wellbeing as a whole. She has appeared in the press all the major glossies including Cosmopolitan, Women's fitness, Psychologies, Daily Mail, In the Moment, Spirit and Destiny and the London Evening Standard.

Alison works with those who are struggling with just about everything and in particular sleep. She knows personally what it's like to suffer from insomnia night after night, month after month, year after year. She understands how lack of sleep ruins your creativity, affects your relationships and has serious effects on your health. She also knows that you look and feel awful when you don't sleep well.

Alison is the President of Helping Hands for India Charity which provides a school for underprivileged kids in Northern India.

## **Alison's message to the world**

**"Resolving sleep disturbance requires strategy, just like a business. Random tactics won't work"**

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# Testimonials



## Testimonials

"During a time when the world experienced drastic change and with many of our employees reporting they felt more restless and weren't sleeping well over the last 10 months, we approached Anandi to be part of Captify's wellness programme. Anandi has now delivered three virtual workshops, tailored to include our employee sleep treats gift box and inspiring our employees to understand their own personal sleep type. Anandi delivered advice, tips and practical exercises our employees can adopt into their everyday lives. Employees were impressed with the interactive nature of the workshops and realisation how breath and physical nourishment impacts a quality night's sleep which is fundamental to being healthier and happier. Thanks again Anandi"

Sophie Theadom VP Of People, Captify

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# Testimonials

Anandi spoke at the Perkbox Live webinar on the Principles of Sleep. The audience absolutely loved her! We had more than 1200 registrations! Everyone was super engaged and we all learned a lot of practical tips & tricks on how to improve your sleep and wellbeing

Perkbox HR

Thank you for the wonderful and amazing sharing on the Sleepology programme. The teams have improved tremendously on their sleep knowledge and are confident after your coaching. This life changing information you shared with us will continue to be embraced by the team and we would love to share this with our resort guests here to optimize their wellbeing"

Angie Tai, Manager, One and Only Reethi Rah, Maldives

"We have had the pleasure of working with Anandi for several years and she has become a wonderful friend of the show. Her expertise and knowledge around sleep, the breath and living mindfully (always delivered so eloquently) has continually captured our audience's interest. She is always generous with her time, energy and resources and we love that she is always happy to help us and cheerful to chat to"

Adele Balzan, Mindful Living

"Thank you so much Anandi for speaking at Project Me Live! As the theme was Health & Wellbeing, you came highly recommended as an expert on sleep - and my audience really appreciated you sharing your wisdom around this important topic. Many left with a new goal to make good quality sleep their priority. Thanks for being a true professional and an absolute delight to work with."

Kelly Pietrangeli, creator of Project Me