



MOVEMENT COACH AND HEALTH EDUCATOR

SOPHIE PLATO

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PROACTIVE HEALTH RES^eT™

MOVEMENT RES^eT™ : The Key to Resilient, High-Performing Teams

A 60minute Keynote Experience with Sophie Plato

Health is the lens through which we experience the world. But in today's high-pressure, fast-paced environment, stress, burnout, and sedentary lifestyles are distorting that lens—impacting performance, creativity, and resilience.

Sophie Plato's Movement RES^eT™ keynote is more than a talk—it's a transformational experience that will redefine how your organisation approaches well-being. This dynamic session blends cutting-edge neuroscience, movement science, and real-world strategies to help professionals move better, think clearer, and thrive in high-pressure environments.

WHY THIS KEYNOTE MATTERS

📺 “Sitting is the New Smoking” Dr James Levine: Prolonged sitting is linked to stress, poor cognition, and chronic pain, costing businesses millions in lost productivity.

⚡ Movement as a Performance Tool: Physical activity isn't just about fitness—it fuels brain function, enhances problem-solving, and builds stress resilience.

💡 RES^eT™ for Success: Sophie introduces practical, science-backed micro-movements that can be effortlessly integrated into the workday—helping teams feel more energised, focused, and engaged.

WHAT YOUR TEAM WILL TAKE AWAY

- ✓ Reframe movement—from a ‘nice-to-have’ to a non-negotiable for peak performance
- ✓ Simple strategies to integrate movement into busy workdays—no gym, no extra time required
- ✓ The neuroscience of stress & resilience—how movement directly impacts cognition and mental clarity
- ✓ The Movement Pyramid—a three-tier framework for sitting less, walking more, and moving smarter

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