

Nest Sessions: The Business of Energy

6:00pm - 8:00pm | 01/10/2026 | The Nest, 18-20
Dumaresq St Saint Helier, St Helier

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Explore how physical and mental state shapes decision-making, leadership and growth.



Book here

NEST Sessions: The Business of Energy

Our ability to lead doesn't begin at your desk. Your energy, recovery and mental state influence how clearly you think, how well you communicate and how you respond when the pressure is on. Join us on 1st October to explore how physical and mental wellbeing can build the energy, focus and resilience you need to lead and grow, in business and beyond.

☒ **The idea behind:**

Most of what shapes a business happens outside the boardroom. Nest Sessions explores different ideas shaping modern business, from how leaders think and perform to where

businesses invest their time, money and attention. Expect credible voices, useful perspectives and honest conversation.

Join specialists in fitness, nutrition and recovery alongside experienced business leaders to explore the hidden factors behind consistent performance. You'll leave with a clearer understanding of what affects your energy, where your current habits may be holding you back and practical ideas for performing more effectively.

☒ ☒ **Meet the speakers :**

- Cara Gilligan & Tom Le Lievre, Co-Owners of Island Wellness
- Nicole Power, Founder of Npowerment
- Georgia Averty, Registered Associate Nutritionist at Viva

More amazing speakers to be announced, so watch this space.

What to expect:

- Questions worth sitting with, and a genuinely different way of thinking about performance
- A shift in perspective on what's feeding your energy and what's quietly draining it
- A Q&A built around your questions, so you leave with answers that are actually useful to you
- Nibbles and health drinks

This isn't another conversation about generic wellbeing. It's an honest look at the connection between how you feel, how you operate and the results you create.