

BARTENDERS MANIFESTO

A GOLD STANDARD



IAIN BELL

**Founder
Bartenders Manifesto**



Iain Bell is an integrated health specialist and has run his own wellness consultancy for more than 20 years.

His experience within the drinks industry started in his native Scotland with the then United Distillers delivering "lifestyle skills" seminars to employees. As the industry evolved, Iain delivered workshops to a number of drinks companies and personal wellness programmes for the senior managers who ran them.

Within the last six years, Iain's influence has spread globally, where his innovative master

classes combine scientific knowledge on alcohol, body physiology and effective health strategies. In addition, he provides practical skills on meditation and tai chi. This has included the IBA (International Bartenders Association), BGB (Bacardi Global Brands) and numerous international cocktail competitions.

He will be delivering his seminar "Keep the Engine Running" on Bartender well-being at London Cocktail Week on Friday 9 October 2015.

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