

Brain Health Matters

The brain is the greatest asset of any organisation, yet most leaders have received little or no neuroscience training. Consequently, many workplaces and individuals may inadvertently do things which reduce the health, function and performance of the brain. *Signs can include:*

- Low mood / Depression
- Fear of change
- Presenteeism
- Resistance to learning / training
- Absenteeism
- Blame culture
- Lack of focused attention
- Bullying behaviours
- Poor decision-making
- Isolation
- Unwillingness to connect and engage
- Mood swings
- Lack of motivation
- Anxiety

Brain-healthy Workplaces	Learn how to create an environment that optimises brain function, enhancing productivity and well-being. Discover evidence-based strategies to reduce stress, improve focus, and foster innovation, leading to increased employee satisfaction and retention.
Women's Brain Health	Explore the unique challenges and opportunities in women's brain health across the lifespan, from menstruation to menopause. Learn about the hormonal impacts on cognition and discover strategies to optimise brain function, reduce risks of cognitive decline, and enhance overall well-being.
Brain-fog	Gain practical, science-based techniques to improve cognitive clarity, and boost overall mental performance in both personal and professional settings.
Overwhelm	The neuroscience of overwhelm and its effects on decision-making and productivity. Learn effective strategies to manage information overload, prioritise tasks, and maintain cognitive balance in high-pressure environments.
Memory lapses	The science behind memory formation and recall, and why lapses occur. Discover evidence-based techniques to enhance memory function, reduce forgetfulness, and improve information retention in both personal and professional contexts.
Distraction	Uncover the neurological basis of distraction and its impact on productivity and well-being. Learn practical methods to improve focus, manage digital distractions, and create an environment conducive to sustained attention and deep work.
Focus	Dive into the neuroscience of attention and concentration. Gain insights into the brain's focusing mechanisms and learn research-backed strategies to enhance your ability to concentrate, leading to improved productivity and cognitive performance.
Engagement	Understand the brain's reward system and how it relates to engagement in work and life. Discover neuroscience-based approaches to increase motivation, foster curiosity, and create more meaningful and fulfilling experiences in both personal and professional spheres.

The Stressed Brain	Understand the neurological impact of stress on cognitive function and performance. Gain practical tools to manage stress effectively, improve resilience, and maintain peak brain performance in high-pressure environments.
The Bullied Brain	Explore the neurological effects of workplace bullying and its impact on mental health and productivity. Learn strategies to create a psychologically safe environment and support those affected by bullying, fostering a more inclusive and productive workplace.
Neuroscience for Leaders	Discover how neuroscience insights can enhance leadership effectiveness and decision-making. Learn to leverage brain-based strategies to improve communication, foster innovation, and create a more engaged and high-performing team.
Neuroscience for L&D Professionals	Elevate your training effectiveness by understanding how the brain learns and retains information. Discover evidence-based techniques to design and deliver more impactful, engaging, and memorable learning experiences.
Neuroscience for HR	Explore how neuroscience can revolutionize HR practices, from recruitment to employee development. Learn to create brain-friendly policies that enhance engagement, reduce burnout, and improve overall organizational performance.
Neuroscience for Managers	Unlock the power of neuroscience to become a more effective manager. Gain insights into motivation, decision-making, and team dynamics, and learn practical techniques to enhance team performance and well-being.



Speaker Bio Naomi

Naomi translates brain science into practical training, tools and strategies that work in the real world. The brain is the greatest asset of any organisation, yet most leaders have received little or no neuroscience training. A specialist in applied neuroscience, L&D and brain health training, she combines over 20 years' experience in training and coaching with a Master's degree in Applied Neuroscience from King's College, London where she now collaborates on research and practice in brain health and applied neuroscience. Naomi is also a faculty member at the Alzheimer's Research and Prevention Foundation (USA), teaching on their Brain Longevity Training Course.

