

FRIEDERIKE FABRITIUS

NEUROPSYCHOLOGIST
AUTHOR · KEYNOTE SPEAKER

Keynotes by Friederike Fabritius.

Neuroscience hacks to help you achieve wellbeing, and to work smarter, better, happier.

How does the brain work? And how can you use this knowledge to transform your wellbeing and performance? These keynotes are based on the latest insights from social cognitive neuroscience. With an entertaining mix of humor and practicality, these keynotes provide science-based insights that you can put into practice right away to work and live smarter, better, and happier.

Fun, Fear, and Focus ®

How does the brain work? And how can you use this knowledge to transform your well-being and performance? Even better, how can you reach your peak performance? Well, don't worry - this is the keynote you have been WAITING for!

Using the latest insights from social cognitive neuroscience and with her reliable entertaining mix of humour and practicality, neuroscientist and bestselling author Friederike Fabritius shows her audiences how to work and live smarter, better, and happier.

By showing you how to put these science-based insights into practice in the right way, Friederike guides you on the path to thriving within your unique neurosignature. When you embrace Neurosignature Diversity and utilize the fail-safe combination of Fun, Fear, and Focus ®, you will learn what it means to truly live and work in a Brain-Friendly way, and to excel in the hybrid world!

Using Neuroscience to Build Trust in the Hybrid World

We are wired to be social - our brains **need** human connection.

Whether you are an introvert, extrovert, or somewhere in between, in this keynote, you will learn how to foster trust and connection in all of your social interactions. Even in the hybrid world!

Great relationships are the foundation of living a happy and fulfilled life! By learning how to increase bonding and trust through science, you will

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create stronger relationships with both your colleagues and those in your personal life.

Jumpstart Your Learning with Neuroscience

Did you know that there is a science to learning?

In this keynote, I will share with you exactly how you can harness neuroscience to learn better! It's easy to pick up new habits and learn new things once we have the right tools.

By making your learning Brain-Friendly, you will see just how easy it is to make the changes you desire. Neuroplasticity shows us that you *can* teach an old dog new tricks, and now I'm here to show you how.

Creating The Brain-Friendly Workplace

You can't just say a workplace is open to diversity, you need to make the workplace somewhere that diversity is welcomed!

Gone are the days of the old-school managers expecting their junior to work 80+ hours a week, to choose between the office and the home, or to miss out on important personal moments. Enter into The Brain-Friendly Workplace era - where diversity of thought and working-styles are celebrated!

By embracing neurosignature diversity, companies will automatically create an environment which attracts more diverse talent across the board.

Don't change the people - change the workplace! This keynote will show you how it's done.

The Neuroscience of Innovation

Innovation isn't some random, spontaneous event - is SCIENCE!

When the environment is just right our brains are primed for innovation and deep, insightful thinking. Neuroscience has shown us exactly what is

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needed for our brains to reach a moment of “Aha!” insight and peak creativity!

The good news? You can create this environment practically on demand! This keynote will show you exactly what to do.

Creating Resilience - The Neuroscience of Leading Through a Crisis

Keeping your cool under pressure is great in theory – but how do we put it into practice?

As leaders, there is always going to be the risk of needing to lead well through a crisis and learning how to be more emotionally resilient will enable you to do so.

In this keynote, you will learn exactly how to achieve this!

Fail, Fail, and Fail Again - Creating a Positive Failure Culture

We all fail. We all have, and we all will again. It is one of the things that makes us human – that we are imperfect.

Failure isn't a problem, but the way that we respond to and internalize it can be.

We need to be able to fail better, and that starts with being able to look at and accept our failures humbly, honestly, and objectively. When we learn how to fail better and model failure not as a moral issue but as a human experience, we dramatically improve our relationships with others.

In this keynote, we will learn the benefits of failing honestly, and how this can empower us going forward.

Keynotes On Demand

All keynotes are fully customizable and can be curated to fit your exact needs!

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If you are not seeing exactly what you are looking for, be sure to reach out and inquire about how Friederike can make your organization's dreams a reality.