

Hack Your Brain: Unlock Your Full Potential

Objective

The online seminar aims to equip participants with cutting-edge neuroscientific insights to enhance their effectiveness. By leveraging the principles of neuroplasticity, attendees will strengthen their cognitive flexibility and adaptability, understand the redefined concepts of performance and potential in the digital age, and refine their understanding of human decision-making processes and motivations rooted in the brain.

Description

In a rapidly changing world, both inner stability and adaptability are crucial for success. Participants will explore their potential and develop individualized strategies to excel in academia.

The seminar will delve into neuroplasticity principles, showing how to improve cognitive flexibility and adaptability. Participants will gain a deeper understanding of how performance and potential are redefined in the digital age and how to apply these concepts to their professional development. The importance of self-regulation as a key competency for growth will be highlighted.

Additionally, the seminar will cover the mechanisms of human decision-making and the motivations behind them. By examining how personality traits are anchored in the brain, attendees will better understand their own behaviours and those of others. Practical applications of neuroscientific findings will be emphasized, providing participants with actionable tools for daily use.

This holistic approach aims to foster professional and personal growth, empowering participants to reach their full potential.

- Gain advanced neuroscientific insights to enhance professional effectiveness
- Develop strategies to thrive in a rapidly changing world
- Leverage neuroplasticity to improve cognitive flexibility and adaptability
- Understand the redefinition of performance and potential in the digital age
- Learn about the mechanisms of human decision-making and motivations
- Enhance self-regulation as a key competency for growth

Methodology

The training features a blend of theoretical insights, practical exercises, and collaborative group work.

Participants will engage in reflection and feedback activities to deepen their understanding and apply new concepts effectively.

The workshop's emphasis is on high practical transfer, enabling attendees to apply the course content to real-world scenarios.

Trainer



Dr. Karolien Notebaert

Science and Leadership Academy, Frankfurt am Main

Karolien Notebaert is a neuroscientist specializing in translating the latest brain research into practical applications for businesses and individuals. With keynote lectures and seminars, she addresses the question of how we can maintain reliable performance in an ever-changing, increasingly complex world. She is a sought-after TEDx speaker, management trainer, and SPIEGEL bestselling author for applied science at Random House. With humor, vitality, and scientific rigor, she offers perspectives that will change your outlook on life forever. Additionally, she has published well-regarded scientific articles.

Organizational Information

Language / Format	English / Online
Target group	Doctoral Candidates at all stages and Postdocs (R2/R3) from all faculties
Date	Monday-Tuesday, 18-19 January 2027, 9:30 – 16:30
Registration	For registration click here