



NEUROSCIENCE
CONSULTING

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Expertise/Offers by Neuroscience Consulting - Dr. Laura Wuensch

*Mental Health - how to successfully deal with stress, anxiety & interpersonal challenges**

** Topics also available for individual coaching/therapy sessions*

- Establishing Trust & Psychological safety @work – a manager’s guide to the most essential leadership skill
- How to give and receive feedback that fosters learning and connection
- How to have healthy difficult conversation that build relationships
- The Neuroscience of belonging and mattering
- Recharge your batteries and thrive (choose any mental health topics that are most relevant to your employees and design your own customized workshop/keynote):
 - Decrease worry and rumination patterns
 - How to overcome a sense of loneliness and stay connected to your coworkers in demanding times
 - Increase and practice your resilience after setbacks
 - How to live with and deal with anxiety
 - Gain back your focus and concentration: develop healthy boundaries with your smart phone and screentime
 - How to deal with anger, frustration, resignation, fear and disappointment at work and learn how to calm down your nervous system
 - How to boost your immune system, improve your sleep patterns and lifestyle
 - How to communicate more efficiently and “brain friendly”
 - How to say no and set healthy boundaries with others
 - How to unplug/pause from external demands and recover/load up your batteries after stressful and demanding times
 - How to deal with decisions, demands, humans and circumstances that are beyond your control
 - How to increase your motivation and drive at work
 - How to regulate your emotions and coach yourself
 - How your childhood influences your relationships with your boss and coworkers
 - How to establish healthy new habits and make them stick
 - How to deal with melancholy and depressive thoughts
 - How to deal with loss, heartbreak and grief
- Emotional Resilience – learn how to decrease stress, anxiety, negative thought patterns & worry
- Mental Well-being – what Psychology, Stoicism & Neuroscience can teach us about staying calm in most stressful work & life challenges
- Mental First Aid Kit @work – how managers and team members can identify the first signs of burnout, depression & anxiety amongst their team members & pro-actively support them
- Heartbreak @work: How to focus on work when you're heartbroken, grieving or feeling depressed
- → Virtual self-paced learning module: Recharge your batteries and thrive – How do I stay healthy and energized during times of poly crisis and the great resignation (contact me for more details)



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Neuroscience of Inclusion - create a sustainable business culture through DEI*

- Neuroscience of Inclusion – three-part workshop
 - Fundamentals of DEI – their relation to Unconscious Biases & how DEI will determine which companies will thrive & fail in the future
 - Deep dive DEI – why Inclusion is more important than Diversity & how to make DEI come to life in your business culture
 - Expert class DEI – how to establish & manage a psychologically safe & inclusive work culture
- The Gender Career Bias - how to overcome “positive discrimination” & establish gender equity within your top leadership positions
- LGBTQI+ – why gender identities matter & how they are critical for companies in the 21st century
- Zoomers meet Boomers - how to work collaboratively across the generations
- Allyship – learn how to be an ally to any person belonging to a minority group
- Misconduct & harassment @work – how to create a safe & respectful workplace

→ Virtual self-paced learning module: Neuroscientific Online Academy for leaders (contact me for more details)

*Diversity, Equity & Inclusion

Personal empowerment - how to build your self-confidence & thrive in your profession

* Topics also available for individual coaching/therapy sessions

- Light up your executive presence & establish your professional brand
- How to build confidence & overcome your fears, low self-esteem & the imposter syndrome
- How to find meaning & purpose @work & in your life through flow and wholeheartedness



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Selected client recommendations

„Laura is a phenomenal keynote speaker, combining broad and rich scientifically based insights into neuroscience with an inspirational, picture-rich presentation style which makes it interesting and easy to follow. And you get concrete tips how everyone can adapt. After listening to her speech you have no more excuses not to act.“

Oliver Herrmann, SVP New Ways of Working, Deutsche Telekom AG

„Laura’s scientifically grounded insights on how to change the minds and hearts to make diversity work has been very inspirational for us and really helped us to sharpen our approach.“

Amarendran Subramanian, Managing Director & Partner, BCG & BCG GAMMA

„Laura’s scientific background and approach regarding D&I are enlightening. She provides eye-opening impulses and concrete tips on how each of us can foster D&I. She creates a space (even online) where everyone feels comfortable to share, listen and learn. Her offering is vital for the further development of an inclusive workplace at Eppendorf, which we want to enable.“

Eva van Pelt, Co-CEO, Eppendorf

„It’s my great pleasure to recommend Laura for her excellent work on Diversity & Inclusion. It’s not only that she clearly demonstrates a high level of expertise but equally has a strong, authentic passion for these topics. I can highly recommend her and the "Executive D&I" Training. It’s a great format, practical (e.g. she offers great tips on how to improve dealing with these topics on a daily basis), insightful, very much engaging and keeps you thinking long afterwards. Something which is rare to find in all these training concepts nowadays.“

Thomas Luk, Partner, Managing Director & China Expert, Kearney

"... und dann hört man gebannt Laura Wendt zu ... will das erst nicht so recht glauben ... dann kommen die Fakten aus den Studien ... und irgendwann doch die Erkenntnis, dass man das, was sie so überzeugend darstellt, doch genauso erlebt hat ... man muss sich aber zwingen, es zuzugeben ... und nach den wahrscheinlich kurzweiligsten 55 Minuten der letzten Jahre ist eine Motivation da, sich ab sofort zu ändern ... weil Laura ja genau erklärt hat, warum wir bestimmte Dinge so tun ... warum wir so denken ... und jetzt, da wir es wissen, können wir es ja einfacher ändern ... umgemein aufrüttelnder, inspirierender, toller Vortrag ... empfehlenswert ... bzw sogar Pflichtveranstaltung"

Joerg Hellwig, Chief Digital Officer, LANXESS

„Rainer Maria Rilke meinte einst, mit Ungelöstem müsse man Geduld haben und versuchen, die Fragen selbst lieb zu haben – wenn einem dies gelingt, lebt allmählich, ohne es zu merken in die Antworten hinein. Die Impulse von Dr. Laura Wünsch Wendt bieten beides: die RICHTIGEN Fragen zu lieben und Ansätze um deren Beantwortung zu finden!“

Philipp Ryffel, Head of Product Management Fabrication, Swisscom

„Die Coachings mit Laura (Wünsch) haben mir nicht nur wertvolle Perspektiven eröffnet, sondern auch meine Führungswirksamkeit auf ein neues Level gehoben – eine transformative Erfahrung, die ich aus vollem Herzen empfehlen kann.“ **Kai Wilhelm, Bereichsleiter Personal und Organisation/IT, Sparkasse Rhein-Nahe**

„Dank der emphatischen, feinfühligsten, professionellen und ausdauernden Art und Hilfe von Fr. Dr. Laura Wünsch haben ich und meine Frau nicht nur einen schweren Schicksalsschlag bewältigt, sondern auch neuen Mut, neue Kraft und Klarheit für uns wieder gefunden!“ **Werner Bauer, Projektmanager, Deutsche Telekom AG**