

## Helena Boschi

World-Renowned Applied Neuroscience Psychologist

Dr. Helena Boschi is a psychologist who focuses on applied neuroscience in the work place. Her particular areas of interest include the brain and behaviour, our emotional and rational neural networks, and how to improve our cognitive abilities in order to get the best out of our own and others' brainpower. Helena has also researched the influence of cognitive biases and corporate psychopathy across different organisations. Recently, she investigated the impact of chronic, work-induced stress on brain function and published a book called *Why We Do What We Do: Understanding Our Brain to Get the Best Out of Ourselves and Others*.

Exclusively represented by [Leading Authorities speakers bureau](#), Helena has spent the last 25 years working closely with businesses to define and design new initiatives, particularly in the areas of organisational behaviour, leadership and team development, intercultural communication, and organisational change. Helena has held senior talent management and organisation development positions within international companies and now works predominantly in the telecommunications, pharmaceutical, and finance industries. She has delivered and coordinated tailored development in different countries in line with the requisite capabilities and business requirements and created a reliable process for building a talent pipeline. Helena believes in creating an energised and participative learning environment whilst at the same time treating people with sensitivity and respect. Helena has lived and worked in Switzerland and the US and now works extensively across the Middle East, Europe, US, Africa, and Asia. She works at all levels within organisations and also coaches senior executives.

With a deep commitment to ongoing research in current organisational and psychological trends, Helena possesses keen insight into the best practices in learning, communication, and leadership. A member of the British Psychological Society, she brings a scientific edge to the work she delivers and continues to apply the latest developments in the fields of psychology, neuroscience, and behaviour to the organisational context.