

## Dr. Sahar Yousef & Professor Lucas Miller

Cognitive Neuroscientists, Workplace Performance Experts & Advisors

Dr. Sahar Yousef and Lucas Miller are both cognitive neuroscientists, as well as faculty at UC Berkeley's Haas School of Business. They teach one of the most popular MBA classes at Cal, called "Becoming Superhuman: The Science of Productivity and Performance", and have been featured in Forbes, Wired, The Wall Street Journal, and Business Insider.

At Berkeley, Sahar and Lucas co-run the Becoming Superhuman Lab, which conducts research on how to help busy leaders and their teams get their most important done, in less time, and with less stress.

Since COVID began, Sahar and Lucas have given over 700 talks and keynotes to knowledge workers in 50+ countries, have advised executive teams at Google, JPM, Deloitte, American Express, and Visa, and have been invited to speak to the Public Investment Fund of Saudi Arabia.

Known for their fast-paced, high-energy style and their science-backed practical tactics, this dynamic duo is consistently rated as the #1 session at events, particularly within the technology, financial services, and private equity industries.

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