

Dr. Sahar Yousef & Professor Lucas Miller

Cognitive Neuroscientists, Workplace Performance Experts & Advisors

Becoming Superhuman: The Science of Optimizing Productivity and Performance

Key Learnings:

- Leading research on the three biggest mistakes of productivity and performance and the scientific reasons WHY people commonly make those mistakes
- How to increase your team's productivity by 25% without increasing hours worked
- Why daily progress is the single most important factor that drives productivity, creativity, and well-being
- How to prioritize the most important and valuable tasks, even in the face of urgent demands, by using "Daily MIT Setting"

The Science of Focus in the Age of Distraction

Key Learnings:

- Learn the leading research on notifications, context-switching, and mental clarity
- The multitasking myth and why those with certain digital hygiene practices are more prone to end-of-day exhaustion
- The ideal physical environment for productivity and the science of music as a focus tool
- Training on Focus Sprints®, a research-backed way of working that helps individuals get more done, in less time, with less energy expended

The Science of Energy Management: Understanding Your Unique Biological Chronotype

Key Learnings:

- Discover your biological chronotype and how to optimally schedule your day for peak productivity and effectiveness
- Gain an understanding of circadian rhythms, ultradian rhythms, and peak performance hours
- The most effective breaks according to science and strategies for avoiding the afternoon dip

Wellbeing Matters: How to Effectively Manage Stress and Prevent Burnout

Key Learnings:

- The science behind "video fatigue" and how to combat
- Why burnout became officially classified as a disease in 2019 by the World Health Organization and what distinguishes burnout from excess stress or depression
- Leading indicators and a simple tool you can use to quickly assess your individual or team's burnout risk
- How to reverse the slow damage burnout does to the brain and body
- Practical frameworks for beating burnout, including the 3M framework

The Science of Influence, Persuasion, and Executive Presence

Key Learnings:

- The neurobiological basis of trust and human connection and how to maximize psychological safety with direct reports
- The factors that influence how, why, and when people say “yes”
- How to reliably regulate yourself into an ideal brain-state to maximize executive presence and communicate effectively
- Advanced techniques for in-situ brain-state and emotional regulation
- The science of mirroring and how a leader’s emotions set the tone for the room
- Strengthening your executive presence and how to “command a room” in person or over video
- What changes when influencing remotely vs. in-person