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My Stroke of Insight. This speech focuses on the content of Dr. Jill's book, *My Stroke of Insight: A Brain Scientist's Personal Journey*.

How to Get Your Brain To Do What You Want It To Do. This speech explores how we can create a healthy environment for the cells making up our brain so they can exhibit optimal health and performance.

Who's Who Inside of You? This talk focuses on identifying the different personalities, talents, and skill-sets within each of our hemispheres with the intention of developing our ability to choose, moment by moment, who and how we want to be in the world.

90 Seconds to Happiness. How we think is just as important as what we think; you have to know the brain to train the brain. With brains still developing and incredibly impressionable into our mid 20's, this talk focuses on understanding how the choices we make and the thoughts we think are influenced by the environment around us. Finding the intersection between logic and creativity will help you take charge of your thoughts and directly influence your level of happiness.

Compassion in Medicine. This keynote focuses on the paradigm shift which understands that neuroplasticity of the brain not only supports neurological recovery but is our means for manifesting it. Medical professionals learn first hand what it was like for another medical professional to experience this level of illness and recovery, as well as what was needed and what interfered with neuronal recovery.

Advocate for Humanity. Once you understand yourself and the biology of your brain, you can more easily understand others and can identify commonalities among people with very different cultures/viewpoints/experiences.