

Elisabeth GRIMAUD, Ph.D

CLEAR YOUR BRAIN for better health and performance

Conference

There are lots of possible causes of stress in the workplace. When stress lasts, it can lead to memory problems and a heightened sense of anxiety.

In this talk, Elisabeth inspires, motivates and encourages her audience to understand the importance of brain well-being. A balanced brain is a healthy and productive brain.

Using her qualifications and experience in cognitive science, she bridges the gap between neuroscience research and brain health and performance.

She teaches the importance of simply breathing and being mindful in life.

Learn essential practical everyday tips around mindfulness, meditation and other head-related concerns.

All attendees will gain greater awareness of how to reset, reboot and refocus physically, mentally and emotionally.

About the speaker

Ph.D. in Psychology, **Elisabeth Grimaud** is a scientist, expert in the field of psychology and neuroscience applied to Brain Training.

She makes the complicated field of cognitive science research understandable to all types of audience and shares findings on how to best clear the mind, change a mindset and improve performance.

She combines real-world experience with research to deliver impactful message.

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Keywords

Brain - Concentration - Focus - Mindfulness

Worldwide

Travels from France

Public

Directors

Managers

General public

Language

Français

Anglais
