

## Workshop expertise Dr. Laura Wünsch Wendt

### Neuroscience of Inclusion - create a sustainable business culture through DEI\*

- Neuroscience of Inclusion – three-part workshop
  1. Fundamentals of DEI – their relation to Unconscious Biases & how DEI will determine which companies will thrive & fail in the future
  2. Deep dive DEI – why Inclusion is more important than Diversity & how to make DEI come to life in your business culture
  3. Expert class DEI – how to establish & manage a psychologically safe & inclusive work culture
- The Gender Career Bias - how to overcome “positive discrimination” & establish gender equity within your top leadership positions
- LGBTQI+ – why gender identities matter & how they are critical for companies in the 21<sup>st</sup> century
- Allyship – learn how to be an ally to any person belonging to a minority group
- Misconduct & harassment @work – how to create a safe & respectful workplace

→ Virtual self-paced learning module: Neuroscientific Online Academy for leaders (contact me for more details)

### Mental Health - how to successfully deal with stress, anxiety & interpersonal challenges

- Psychological safety @work – a manager’s guide to the most essential leadership skill
- Emotional Resilience – learn how to decrease stress, anxiety, negative thought patterns & worry
- Mental Well-being – what Psychology, Stoicism & Neuroscience can teach us about staying calm in most stressful work & life challenges
- Mental First Aid Kit @work – how managers can identify the first signs of burnout, depression & anxiety amongst their team members & pro-actively support them
- Managing minds & feelings @work – how Neuropsychology can support us in working & leading smarter & more collaborative in teams
- Heartbreak @work: How to focus on work when you're heartbroken, grieving or feeling depressed

### Personal empowerment - how to build your brand & thrive in your profession

- Light up your executive presence & establish your professional brand
- How to build confidence & overcome your fears, low self-esteem & the imposter syndrome
- How to find meaning & purpose @work & in your life through wholeheartedness