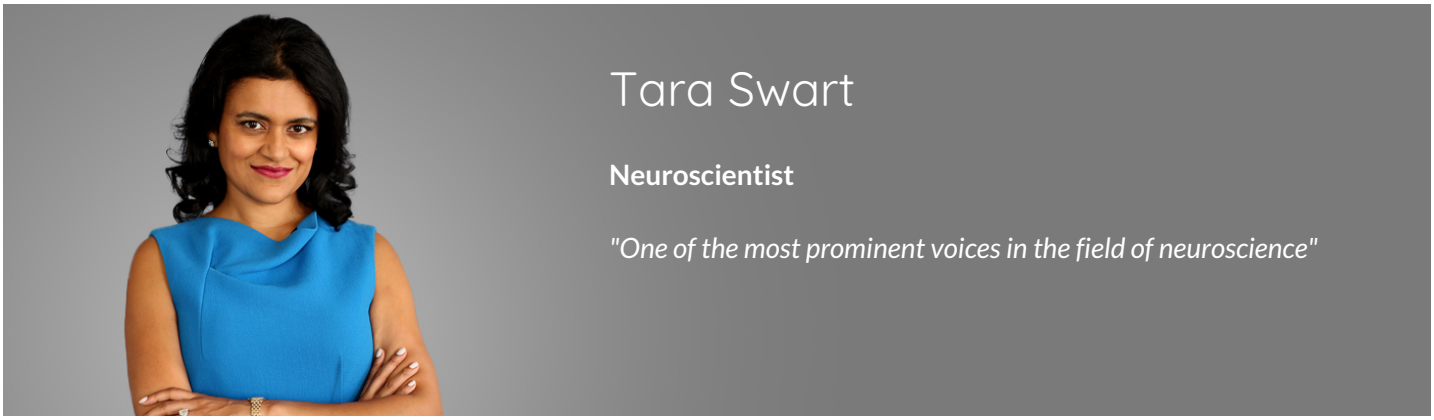

Tara Swart

Neuroscientist

"One of the most prominent voices in the field of neuroscience"

Dr Tara Swart is at the forefront of the application of neuroscience to business, an award-winning author, and speaks globally on the brain in business at international conferences, and at top business schools including Oxford, Stanford, and MIT, where she is Senior Lecturer and runs the Neuroscience for Leadership and Applied Neuroscience programs.

TOPICS:

- Neuroscience for Leadership
- Positive Leadership
- Open Your Mind
- Mental Resilience

LANGUAGES:

She presents in English.

PUBLICATIONS:

2023	Podcast: Reinvent Yourself with Dr. Tara
2020	The Source: Open Your Mind, Change Your Life
2015	Neuroscience for Leadership
2011	An Attitude for Acting

IN DETAIL:

Tara's research has explored mental resilience and high-pressured work environments, giving her insight into the social and psychological effects of stress. She tackles everything from personal achievement to cultures of success. She advises Fortune 500 companies on crisis management and dealing with high levels of stress. In analysing team and individual data, she assesses how teams can work best together in order to reach sustainable peak performance. As a highly accomplished neuroscientist and psychiatrist, Tara is a regular in the media, writing articles for Forbes, the FT, Fast Company, and the Wall Street Journal, and has even been Neuroscientist-in-Residence at the Corinthia Hotel, London.

WHAT SHE OFFERS YOU:

Tara is passionate about disseminating simple, pragmatic neuroscience-based messages that change the way people live and work. Tara's research has explored mental resilience and high-pressured work environments, giving her insight into the social and psychological effects of stress.

HOW SHE PRESENTS:

Tara considers what individuals and teams can achieve once they understand why they think, feel and act the way they do.