



INAUGURAL WORKSHOP PROGRAMME

08:30 - 09:00 Registration and Coffee

09:00 - 09:15 Introduction and Welcome

Laurence Knell, Professor Shane O'Mara

**09:15 - 10:30 How the brain works:
What you need to know**
Professor Shane O'Mara

10:30 - 10:45 Coffee Break

**10:45 - 12:00 Mindsets, Self-talk and
Changing Behaviour**

Professor Shane O'Mara, Laurence Knell

**12:00 - 12:30 Recovering from challenge and adversity:
How your mindset makes all the difference**
Sacha Dekker

12:30 - 13:30 Lunch

13:30 - 14:30 Leadership: Perception, Brand and the Brain

Professor Shane O'Mara, Laurence Knell

**14:30 - 15:00 From individual to leader: What a neuroscientist
learnt by becoming a Managing Director**
Dr Massimiliano (Max) Bianchi

15:00 - 15:15 Coffee Break

15:15 - 16:30 Optimising Performance and Resilience

Professor Shane O'Mara, Laurence Knell

16:30 - 17:00 Panel Discussion

All speakers

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