The Neuroscience of High Performance Habits and Resilience

09:00 -17:00 | 05/02/2026 | Radisson Blu Waterfront Hotel

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The Neuroscience of High Performance Habits and Resilience - an exclusive workshop designed for senior leaders

Book here

In a world where leadership demands constant clarity, adaptability and endurance neuroscience offers a competitive edge. Join Bret Freeman and Dr. Glenda Rivoallen for “The Neuroscience of High Performance Habits and Resilience” – an exclusive workshop designed for senior leaders. Discover how to rewire your brain for focus under pressure build habits that sustain performance and lead with resilience through rapid change. Featuring practical exercises, cutting edge insights and a dynamic fireside chat on leadership and A.I., this is your opportunity to upgrade not just how you lead – but how you think.

Key takeaways:

- How high performing brains work and how to use neuroscience for better thinking and clear decisions
- The science of habits – how to spot unhelpful patterns and build behaviours that drive consistent performance
- How your brain responds to stress and practical ways to stay calm focussed and adaptable under pressure
- Evidence-based resilience tools including reframing, breathing, micro-breaks and emotional regulation techniques
- How to protect cognitive energy and create rituals that prevent overwhelm and burnout
- Daily leadership that support sustained performance and smarter decision making
- How A.I. is reshaping leadership – and the human strengths leaders must develop to stay ahead
- A personalised high-performance toolkit you can apply in work and life

SPECIAL 4+ DISCOUNT:

If you are purchasing 4 or more tickets then please enter coupon code: MINDSHIFT4+ once you have proceeded to checkout, in order to receive 15% off your tickets.