



## 21<sup>st</sup> CENTURY WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, POSITIVE PSYCHOLOGY & MENTAL HEALTH SUMMIT (EDITION 7)

NOVEMBER 08-09, 2024 | Hotel Medium Valencia, Spain



In today's dynamic and rapidly evolving world, leveraging the latest neuroscience insights can significantly enhance both the personal and professional success and well-being of women entrepreneurs, offering unique advantages and a competitive edge by elevating capability, confidence, and overall effectiveness.

This presentation explores the intersection of neuroscience and entrepreneurship, providing insights on how understanding our brains, biology and environment is key to unlocking transformative change to achieve our innate potential in all areas of life.

Hannah will share real-world applications and success stories, illustrating how to optimize brain function through targeted neuroplasticity exercises and lifestyle strategies. These enhancements help boost cognitive processes such as problem-solving, emotional intelligence, and stress management. These examples will include how diet, exercise, and sleep contribute to peak executive brain function, thereby enhancing energy, focus, and endurance—essential for entrepreneurial success to thrive not only in today's competitive business environment but in all areas of life.

The session will highlight some key neurobiological and hormonal differences that can affect women's performance and discuss practical strategies to leverage these insights for improved leadership, effectiveness, and well-being, transforming cognitive, emotional, and physical intelligence into strategic advantage.

This engaging session promises to inspire and empower women entrepreneurs to harness the potential of their greatest asset — their brain and biology — to lead vibrant and effective businesses and enhance energy, focus, and endurance.

### Biography

Hannah is recognised as a successful business leader, learning and leadership development strategist and entrepreneur, specialising in neuroscience-based personal, professional and organisational

## THE NEU MINDSET - NEUROSCIENCE FOR CREATING AND ELEVATING SUCCESSFUL WOMENPRENEURS AND WOMEN IN BUSINESS

### Hannah Conkey

Founder and CEO  
Mind Pilot, Melbourne, Australia

effectiveness. Her expertise spans psychology, neuroscience, biopsychology, NLP, and business strategy, cultivated over her 25+ years of experience in corporate business, leading organisational transformation and people strategy. Hannah co-founded Physique Dynamics, a thriving health, fitness and well-being venture in 2006 and launched Mind Pilot in early 2024, demonstrating her commitment to holistic neurobiological business optimisation and entrepreneurship. She has a unique passion for inspiring, engaging and empowering women around the globe to develop the capability and confidence needed to feel strong, vibrant, and achieve what may seem impossible. Her approach is grounded in the belief that understanding our brains, biology, and environment is key to unlocking transformative change and elevating personal and professional success to achieve our innate potential in all areas of life. A sought-after podcast guest, keynote speaker, leadership and learning advisory board member, she is recognized amongst the Top 100 L&D Professionals globally, highlighting her impact and influence in the field. She is grateful to spend time with her family and friends, learning, exercising, traveling, and exploring local markets to cook up a feast.