



The NeuQ – Neuroscience-based strategies for elevating women in business

Hannah Conkey

Founder and CEO, Mind Pilot, Melbourne, Australia

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, biology and environment 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 Conkey is the Founder and CEO of Mind Pilot, a neuroscience-based consultancy transforming how individuals and organisations think, lead, and thrive. With over 25 years of experience at the intersection of neuroscience, psychology, leadership, and strategic organisational transformation, Hannah empowers people to rewire their brains, bodies, and environments for meaningful, sustainable success.

A recognised amongst the Top 100 Global L&D Professionals, a regular podcast guest and sought after international keynote speaker, Hannah specialises in translating complex brain science into accessible, high-impact strategies for leadership, wellbeing, and high performance. Through her work, she helps



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entrepreneurs, executives, and change-makers unlock their innate potential by aligning neurobiology, mindset, and behaviour with business strategy, workplace and life design.

Known for her engaging, science-backed presentations, Hannah brings a unique lens to personal growth and entrepreneurship - blending neuroscience, metabolic health, biology, and environmental optimisation to drive clarity, confidence, and capability. Her mission is to empower others to lead vibrant, conscious, and effective lives by harnessing the full potential of the human, business and digital intelligence system.



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