



Heidi Hanna

As an experienced speaker, Dr. Hanna has been featured at many national and global conferences, including the Fortune Magazine Most Powerful Women in Business Summit, ESPN Women's Leadership Summit, and the Million Dollar Round Table. She is founder and Chief Energy Officer of Synergy, a consulting company providing brain-based health and performance programs for organizations, the Executive Director of the American Institute of Stress, and a frequent lecturer at Canyon Ranch Resort and Spa in Tucson, Arizona. Dr. Hanna's publications include the NY Times bestseller *The SHARP Solution: A Brain-Based Approach for Optimal Performance* (Wiley, Feb 2013), *Stressaholic: 5 Steps to*

Transform Your Relationship With Stress (Wiley, Jan 2014) and *Recharge: 5 Shifts to Energize Your Life* (Synergy, 2015). Her next book, *What's So Funny About Stress* is expected to release in 2017.

Dr. Hanna is actively involved with several non-profit organizations such as Challenged Athletes Foundation and The Alzheimer's Association, and is a National Board Member for Blessings in a Backpack. Recently, Dr. Hanna created The Beyond Funny Project, a non-profit dedicated to providing resources and education related to the benefits of healthy humor. She is a Fellow with the American Institute of Stress, and she currently serves as editor of their quarterly publication, Contentment.

Dr. Hanna holds a bachelor's degree in communications from Penn State University, where she competed on the Big 10 softball team and received academic All-American honors. She holds a master's degree in mental health counseling from Rollins College and a Ph.D. degree in holistic nutrition from Clayton College of Natural Health. Clients have included Microsoft, Johnson & Johnson, PepsiCo, Cisco, Dell, Intel, Proctor & Gamble, Morgan Stanley Smith Barney, Merrill Lynch, ESPN and Starbucks, as well as professional and amateur athletes. For over a decade, Dr. Hanna has partnered with Janus Capital Group to deliver the Energy for Performance and BrainWorks programs, which teach financial advisors how to better manage their personal energy, particularly during periods of stress.



Speech Topics

The New Science of Stress, Health and Peak Performance

Based on groundbreaking new research, Dr. Hanna presents an update to our definition of stress and how it affects human performance, health and sustainability. Using a personalized approach to the brain-body experience of stress, participants are better able to understand their own unique relationship with the challenges of life, how they respond, and how they can channel stress in ways that are more adaptably effective. This interactive discussion includes a simple 3-step model for transforming one's experience of stress, providing tools and techniques to be used at individual, group and organizational levels.

Participants will:

- Understand the neuroscience of stress including gender differences, mindset hacks, and how to automate critical self-care strategies
- Learn the key organizing principles of the brain and how non-conscious bias can be both a challenge and an asset
- Create individual and team action plans for integrating simple daily shifts to use stress to drive performance while building health and resilience

The Curiosity Effect: *Why Asking the Right Questions Can Make Your Happy, Healthy and Brilliant*

New discoveries in brain science highlight the many benefits of positive states of mind on elements of cognitive and emotional performance. While most of us intuitively know that gratitude, curiosity and play nudge us towards optimal health and happiness, most people don't practice intentional mindset shifts on a regular basis. In this interactive session, participants will understand how the brain works, what chronic stress does to our effectiveness, and why building a curiosity mindset can dramatically increase all aspects of personal and business success.

Participants will:

- Understand what applied neuroscience teaches us about brain performance
- Recognize the impact of chronic stress on the brain, and why simple mindset shifts not only improve performance but also build health and sustainability
- Create individual and team action plans for building a curiosity mindset that will help to overcome challenges and optimize success

Brain Boss: *Simple Strategies to Boost Focus, Creativity and Resilience*

In this interactive presentation, participants will learn the critical components of brain health that provide a foundation for improved cognitive functioning throughout the lifespan, understand the power of mental and physical training to stimulate energy, and create an actionable plan for implementing a sustainable brain-body fitness program that can be applied to their everyday life. Real-world solutions currently being used successfully within organizations will be discussed in order to develop a brain healthy toolbox for both individuals and groups.



Mastering Mindfulness: Techniques to Power Up Energy and Engagement

In Mastering Mindfulness, participants will learn simple strategies to align conscious and non-conscious processing, uncover the role of bias and non-conscious cues, and develop a customized plan for using mindfulness at home and at work. Techniques for incorporating mindfulness with teams and throughout the organization will also be discussed.

Stressaholic: Tools to Transform Your Relationship with Stress

In Stressaholic, participants will recognize the impact of chronic stress on the human operating system, learn how a simple shift in mindset can dramatically alter physiological responses to stress, utilize brain-training techniques for mental strength, flexibility, and endurance, practice simple techniques for altering daily stress patterns to improve natural rhythms, and create an action plan to support personal energy management.

Beyond Bias: Unleash the Power of We

In Beyond Bias, participants will understand and appreciate the magnitude of non-conscious processing on patterns of thought and behavior, explore common biases that exist within families, communities and organizations, and identify techniques to shift non-conscious bias in a more positive and collaborative direction.

Recharge: 5 Simple Shifts to Energize Your Life

In Recharge, participants will learn how to train the brain to manage energy more efficiently in order to radically improve resilience, productivity and performance. Energy management is discussed from a holistic, inside-out approach, starting first with techniques to balance brain chemistry, build brain health and boost brainpower. With the brain in an energized state, we are then able to bring our best attention and effort to the task at hand.

