



Dr. Parisa Zarnegar

PhD in Neuroscience

Parisa Zarnegar earned her PhD in Neuroscience from Karolinska Institute, Sweden, one of the world's foremost medical universities, which also awards the yearly Nobel Prize in Medicine. She has extensive experience as an executive coach with more than 2000 hours of coaching experience. She is also trained in "Organization & Relationship Systems at Work", "Managing yourself and leading others" and "Building More Effective Teams" at Harvard University.

Key learning points of the seminar

- Learn what social drivers impact workplace performance and engagement.
- Insight about what's hiding in your blind spot
- How the brain butterfly effect can trigger behaviour leading to constructive or destructive consequences.
- What role does emotion play in reasoning?
- The power of reflection to maintain emotional regulation
- How to resolve the gap between knowing and performing

Parisa's profile is unique including partly many years devoted to brain research as well as being qualified and well-experienced coach. It is a rare combination. Dr. Zarnegar's keynote speeches, workshops, and customized programmes are highly appreciated for raising awareness, bringing knowledge, providing practical advice and actionable strategies that participants can immediately execute. With vivid stories and examples, Parisa will illustrate the kind of strong, attractive workplace culture that leads to sustained high performance.