



Dee O'Neill

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Dee O'Neill is a keynote speaker, author, workshop facilitator, and licensed professional counselor. She has been in the field of brain science for over 20 years helping clients and leadership teams create and sustain fulfilling and high-performance roles, workplaces, and lives, by educating, enhancing, and empowering optimal brain health.

For over 17 years her private practice, NeuroCognitive Fitness, has been specializing in QEEG brain fitness assessments and tailored trainings. Dee helps clients better understand how their brain works and how to make it work better using advanced neurotechnology to first assess and secondly to enhance brain fitness through customized conditioning programs to positively impact neuropsychology and electrophysiology.

Dee is an invited speaker, article contributor, and expert media consultant in the area of mental health and overall brain fitness.

SPEAKING SAMPLING:

TEDX - https://www.ted.com/talks/dee_o_neill_harnessing_stress_for_brain_performance_jan_2020

YouTube Playlist - <https://youtube.com/playlist?list=PLgA5Gz2soGKi49LaoyWkW6paDc3Pdx-SK>

TOPICS:

What is Your Brain Wired For?! Series

Distinct yet interwoven talks exploring how your brain works and how to make it work better.

- Wired for Wonder – Rewire Your Brain for Reverence – Signature Speech
- Wired for Wellness – Rewire Your Brain for Resilience
- Wired for Work – Rewire Your Brain for Reasoning
- +NEW Wired for Storytelling – Rewire Your Brain for Relating

Wired for Storytelling:

The Neuroscience of Narrative, How Stories Impact the Brain

How do our brains enable us to tell and follow stories? And how do stories affect our minds? Discuss the cognitive processes involved in constructing and exchanging stories, exploring their role in the neurobiology of mental, emotional, and social experiences

Participating in the session will allow you to:

- Explore how stories change brain science and behavior; during both hearing and telling stories
- Expand understanding of what gets in the way of both the attention and emotional arousal of listener's
- Experience two key strategies to harness the power of storytelling to connect and communicate impactfully to inspire action

Wired for Work:

Translating the brain science of wellness & awe to harness a brain healthy workplace

Your brain is your competitive advantage. People show up at work at their best when their body and brain are functioning in their optimal ranges. What if there were simple tools, strategies, and resources that could be implemented in the workplace to enhance staff professionally, as well as personally? Discover actionable ways to maximize performance and results, particularly in team connection and collaboration.

Participating in the session will allow you to:

- Explore how easily our brains are impacted by lifestyle factors, stress, and burnout
- Expand knowledge on practical tools, strategies, resources available to enhance performance
- Experience improved collaboration and teamwork with deeper understanding of brain science

Wired for Wonder:

Harnessing the Brain Science of Awe & Wonder to Optimize Resilience to Stress & Maximize Performance

What is your brain wired for? Where does your mind go when left to its own devices? Stress, worry, and status quo? Or happiness, joy, even awe? Using what we know and applying it to life and work allows ourselves as well as the communities of people we serve to benefit from this growing body of scientific knowledge.

Awe and wonder have seemed to be a mystery historically, aligned more with highly unusual or rare experiences. Recent findings highlight that awe is a fundamental human emotion. We are learning that not only do humans naturally experience awe but that we are-in all likelihood-wired to do so. This means we can improve upon and increase the awe in our lives and in the lives of our communities. The positive effects are vast for personal lives and for advancing the causes and strategic objectives of organizations.

Participating in this session will allow you to:

- Explore how the mindset of wonder and the resulting experience of awe can be transformative
- Expand knowledge on how awe benefits psychology and physiology
- Experience more awe personally and professionally, shifting from awe-deprived to awe-inspired

Wired for Wellness:

Hardwire Healthy Habits: Break the Brain Pain Cycle, How Your Brain Works and How to Make it Work Better

In her interactive and conversational keynote speaking engagements, Dee engages participants in fun, interesting, and inspiring ways to enhance learning and adoption of insights gleaned from her book "Brain BASICS."

Participating in this session will allow you to:

- Explore what defines a "fit brain" and why is it so important for overall health and wellbeing
- Expand knowledge on how advances in brain assessments such as brain mapping can show areas of strength as well as areas for improvement, including brain wave patterns of depression, stress, insomnia, head injury, etc
- Experience interventions that can help improve brain health and fitness at any age