



Neurobiologist, author & mental health expert

Dr. Bernd Hufnagl

Bernd Hufnagl, a Viennese neurobiologist and management consultant, is one of the most fascinating brain researchers of our time. The bestselling author and sought-after keynote speaker puts forward a revolutionary theory: "Make more time for daydreaming!" Allowing more time for daydreaming increases performance. Bernd Hufnagl offers practical yet effective advice on how to interrupt everyday life to mentally regenerate, including putting away your smartphone, looking at the world outside the window and taking regular micro-breaks. In his opinion, short periods of relaxation are even more important than a two-week holiday. Bernd Hufnagl has been researching the relationship between health and...

Topics

- Artificial Intelligence / Robotics
- Burnout / Resilience / Mental Health
- Healthcare
- Leadership 4.0
- Neuromarketing / Brain Research
- Workplace / Working Model / New Work

Languages

- English
- German

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