Mary Poffenroth

KEYNOTES
WORKSHOPS
RETREATS

Website
Speaker Reel
Media Kit
Featured Press

Neurohacks to Train the Brain to Be More Effective, Strategic + Innovative

A NASA-trained neurohacking biopsychologist, professor, and author of the award winning book *Brave New You: Strategies, Tools, and Neurohacks to Live More Courageously Every Day*, Dr. Mary Poffenroth gives audiences science backed tools to master stress, navigate change, and perform at their peak. Mary combines an engaging, deeply interactive experience with over 20 years of research to create measurable results for organizations such as *GoogleX Labs*, *Britannica*, and *Walmart*, all in a package audiences will not soon forget.

A science backed system to counteract the effects stress, change fatigue, and uncertainty have on performance + problem solving

OUTCOMES & IMPACTS

Ideal for SKOs, leadership summits, offsites, launches, disruption events: onboarding/reorgs/layoffs

Accelerate Problem Solving → Take Smarter Risks, Create Better Solutions

Stronger Performance Under Pressure → Courage + Calm as a Buildable Skill

Better Adaptation to Change → Quicker Recovery From Disruptions

Break Down Silos → Quickly Build Trust & Expedite Collaboration

Reduce Stress → Increase Focus, Energy & Strategic Clarity

Entrepreneur · Science · FAST COMPANY · TIME · THE WALL STREET JOURNAL. WSJ · Forbes · SUCCESS · BUSINESS INSIDER

Mary Poffenroth

"Life Changing Revelations"
- TIME Magazine

SIGNATURE KEYNOTE

Unshakable
A Playbook for Thriving in Turbulent Times

- Strengthen courage + calm as a learned skill, not a personality trait
- Improve performance by transforming hesitation into confident action
- Regulate stress responses in real time with science backed systems & neurohacks
- Optimize how the brain performs under stress
- Improve daily productivity by keeping minds clear under pressure

A high energy, interactive experience that gives your people tools they can use in the next hard conversation, deadline, or reorg.

hello@TeamPoffenroth.com

Website | Speaker Reel | Media Kit

Expanded Workshop & Elite Retreat Details at MaryPoffenroth.com/Events

"Mary's work helped us turn our fear into fuel that propelled us forward and helped us realize our true potential."

Matt Poepsel
Vice President, The Predictive Index

"If you want a session your team will actually remember, Mary delivers with zero fluff."

Cedric Gamelin
CEO, Arrivant

"We weren't just learning about our fears and how to face them; we were bonding with each other in a way that wouldn't have been possible for our group of executives had Mary not crafted a deeply engaging, immersive event. The night was wildly successful and really set the stage for our entire event season."

Michele Martell, Esq.
Walton Family Director of Events Programming, Blake St. House

"Mary actually made fear fun! Even more, she allowed me to have a larger vocabulary than "I'm stressed" I've been carrying around the fear wheel ever since and constantly share it with my team."

Carolyn Thielman
Executive Director, Global Finance & Strategy
Estee Lauder Companies / Smashbox Cosmetics