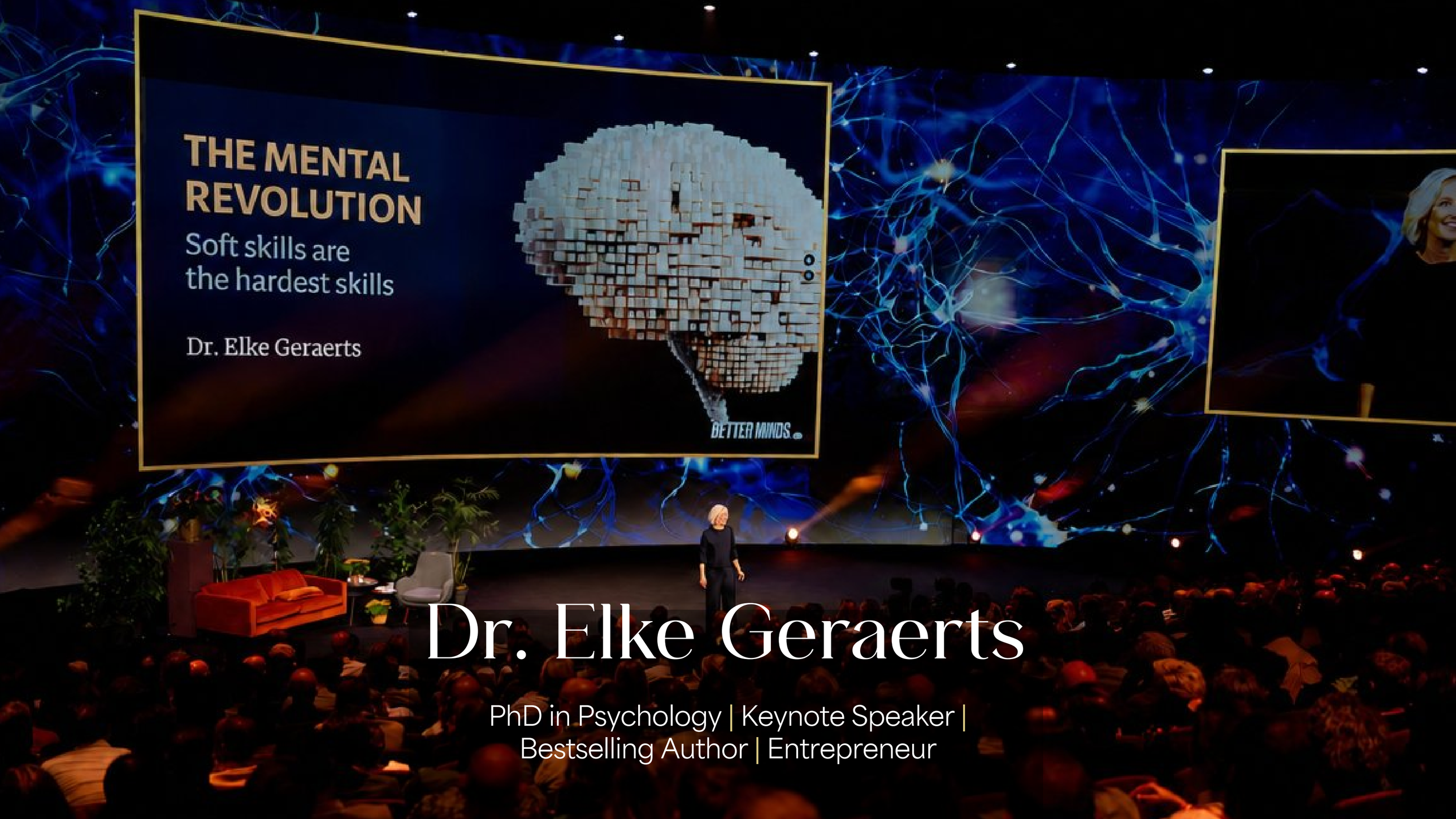


Dr. Elke Geraerts

PhD in Psychology | Keynote Speaker |
Bestselling Author | Entrepreneur

Driven by behaviour and performance

Elke shows like no other how to build mental resilience and focus - without fuss. Over a decade, she has held academic positions at **Harvard**, St Andrews, Maastricht, and Rotterdam, and was recently a visiting **professor** at Ghent University.

In 2011, she was named “Global Shaper” by the **World Economic Forum** (Geneva).

In 2014, she founded **Better Minds**, now an international team of around fifty psychologists, coaches, and consultants helping organisations increase leadership, productivity, and resilience.

As an author, she reaches a global audience with her **bestselling books** like *Better Minds* and *Focus is the New Gold* – published in English, Chinese, Korean, and Arabic.

In February 2027, her newest book, *The Mental Revolution,* will be published.

For leaders and teams who want to remain irreplaceable in the age of AI

pwc
Mercedes-Benz
brussels airport
BARCO
Adobe
Johnson & Johnson
Abbott
Deloitte.
salesforce
SAP
ZARA
ING
Microsoft
mastercard
United Nations
PORSCHE

She doesn't speak at your event.

She becomes part of it.

Elke has performed on **stages across the world** – from Kyoto to Cape Town, Lima, Sydney, Dubai, and San Francisco.

Her ability to **hold a room** is unmatched.
Science and humor, in one story.
Academic rigour, made human.
New insights, translated into things you do the next morning.

Check Elke's performance on the Amsterdam Business Forum: YouTube

From Reykjavik to Singapore.

Science travels well.

What will your people still be doing differently six months from now?

"Elke's talk was terrific - just what we needed. We loved having her at our global meeting."

- Aaron Kwittken,
Global Head of AI and Innovation, FGS Global

"This was the **best 90 minutes** I have spent in years. Grounded in science, but applicable to everyday life."

- Yvonne Malone,
EMEA Talent Director, Abbott

"The ultimate 'Elke effect' is that long after the presentation, attendees still seek each other out to discuss the impact of her talk - a warm, unique, and truly talented personality."
Elmas Duduk, Strategist, City of Amsterdam

"Her sessions go far beyond theory. Insightful, transformational, and grounded in neuroscience."
Sunil Jha, IT Manager, Capgemini

Elke's inspiring speech sparked many reflections on how we manage our business and support our clients. At the end of the day, it is the human touch that truly makes the difference.
Eberhard Weiblen, Chairman, Porsche Consulting

"Aha moments, practical steps, and the perfect invitation to read one of her books."
Peter Lembrechts, Manager Dubai, Six Construct

"Over the years we've invited Dr. Elke Geraerts to speak at several of our HR and leadership conferences, and she consistently delivers outstanding sessions, in Vilnius, Riga, Warshaw, Lisbon etc.

Beyond her expertise, she is an incredibly engaging speaker who connects naturally with audiences. Every time she takes the stage, participants walk away inspired, energized, and with new perspectives. "
Dainius Baltrusaitis, CEO Confinn

"What an excellent and inspiring keynote! Spot on."
Jan Peter Balkenende, Former Prime Minister, Sr. Advisor FGS Global

Always tailored to your needs

Every keynote starts with one question:
what do your people need to walk away with?

Elke does her homework. She reads the room before she enters it. The result is a **brain-friendly story** - built around your audience, your challenge, your moment.

Science that sticks. Tools that travel.

KEYNOTES

Five keynotes. One mission.
Science that sticks.

The Mental Revolution | Keynote | NEW!

Building Authentic Intelligence in the Age of AI

Most organisations have an AI strategy. Far fewer have a plan for the people working alongside it. As AI changes the pace and nature of work, that gap becomes harder to ignore.

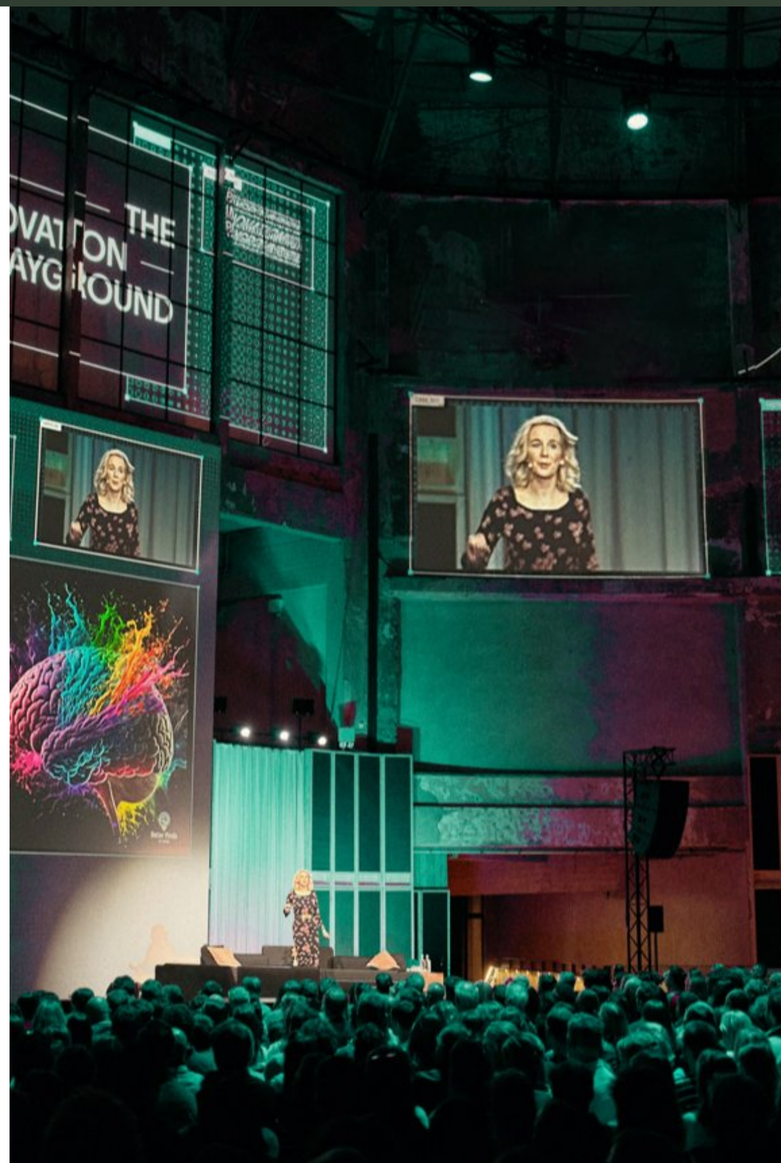
The industrial revolution changed how we produce. The digital revolution changed how we connect. **The mental revolution** asks how we can think clearly, connect deeply and lead wisely in a world shaped by AI.

In this keynote, Elke Geraerts shows organisations how to make that shift. She introduces six pillars of **Authentic Intelligence**: emotional intelligence, genuine connection, moral courage, reflection, creative thinking and resilience.

Often called “soft” skills, yet they’re among the hardest to master and the skills your organisation will need most in the years ahead.

What you'll take away: a clear compass for **what you delegate to AI** and what stays **deliberately human**, backed by the science of neuroplasticity showing these capabilities can be trained at any age. Plus a 48-hour challenge to turn the insight into action before it fades.

Impact: less techno-stress, greater clarity about what makes people **irreplaceable**. **Teams think** more clearly, **connect** more deeply, and **collaborate** more creatively.



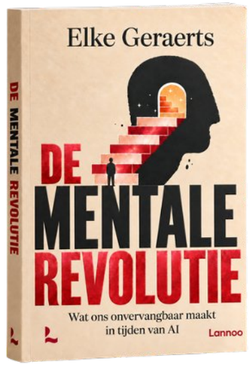
The Mental Revolution | The Book | Release in February ‘27

Elke’s new book, The Mental Revolution, will be published in February 2027. But why wait? Book the keynote today and give your organisation a head start. By the time the book reaches the shelves, your teams will already be developing the skills that matter most.

Would you like to combine Elke’s keynote with a pre-order of the book for everyone attending? Feel free to ask about our group rates.

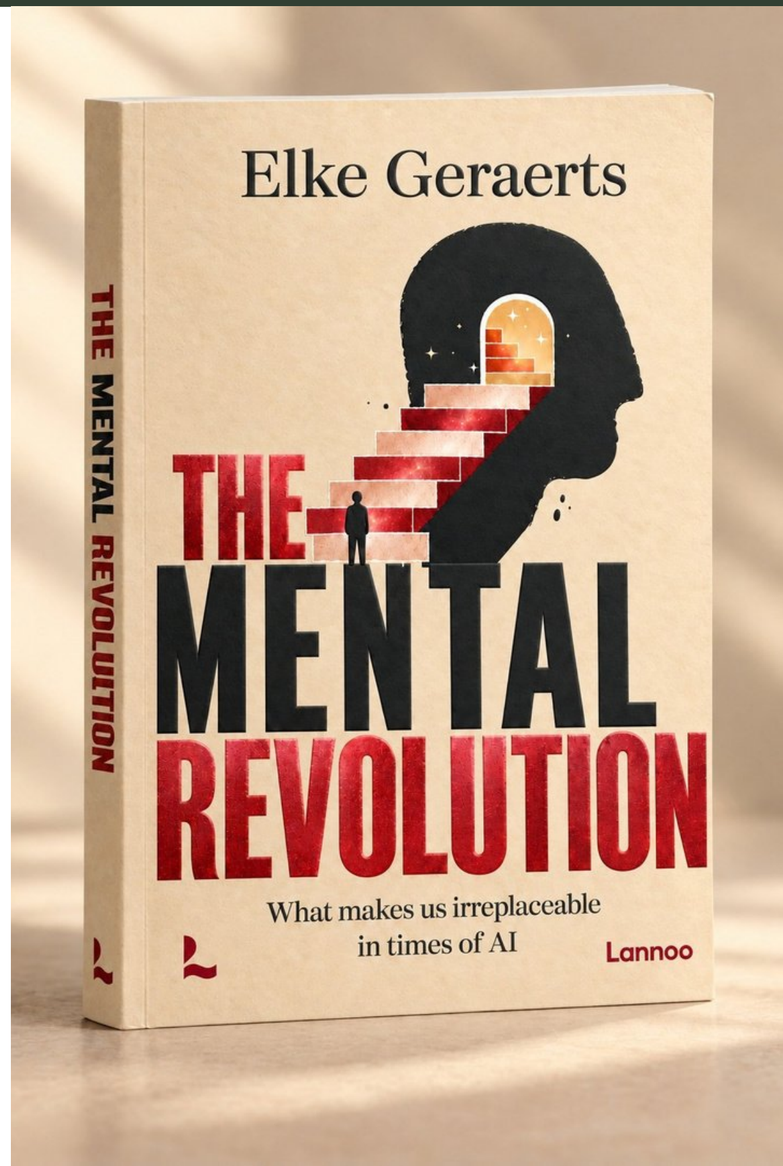
‘The greatest challenge of our time is not to make technology smarter, but to keep people mentally resilient in a world that is changing ever more rapidly. Her book is therefore more relevant than ever.’ – **Steven Van Belleghem**, *bestselling author and international keynote speaker*

“This book takes a down-to-earth approach to AI and an ambitious one to humanity. It belongs on the desk of anyone who wants to remain relevant over the next ten years.” – **Peter Hinssen,** *bestselling author and international keynote speaker*



This book is also available in Dutch.

View all books by Elke here



Focus is the New Gold | Keynote

How to reduce stress and increase productivity in a distracted world

How many times were you **interrupted** today? Emails, pings, alerts. We live constantly connected - but **attention** is becoming the **scarcest resource** we have.

Elke shows you how to protect your attention when it matters most, and how to consciously defocus to recover. Clear **insights** and **simple routines** you can implement the same day.

What you'll take away: focus hacks that work from day one. A simple framework for choosing priorities. Techniques for deep work and micro-recovery. And agreements that help your whole team distribute attention more intelligently.

Impact: the next workday feels different. Meetings are shorter. Inboxes are clearer. Teams speak the same language of attention - and keep each other sharp without pushing harder.

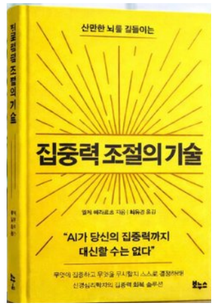
Focus is the New Gold | The Book

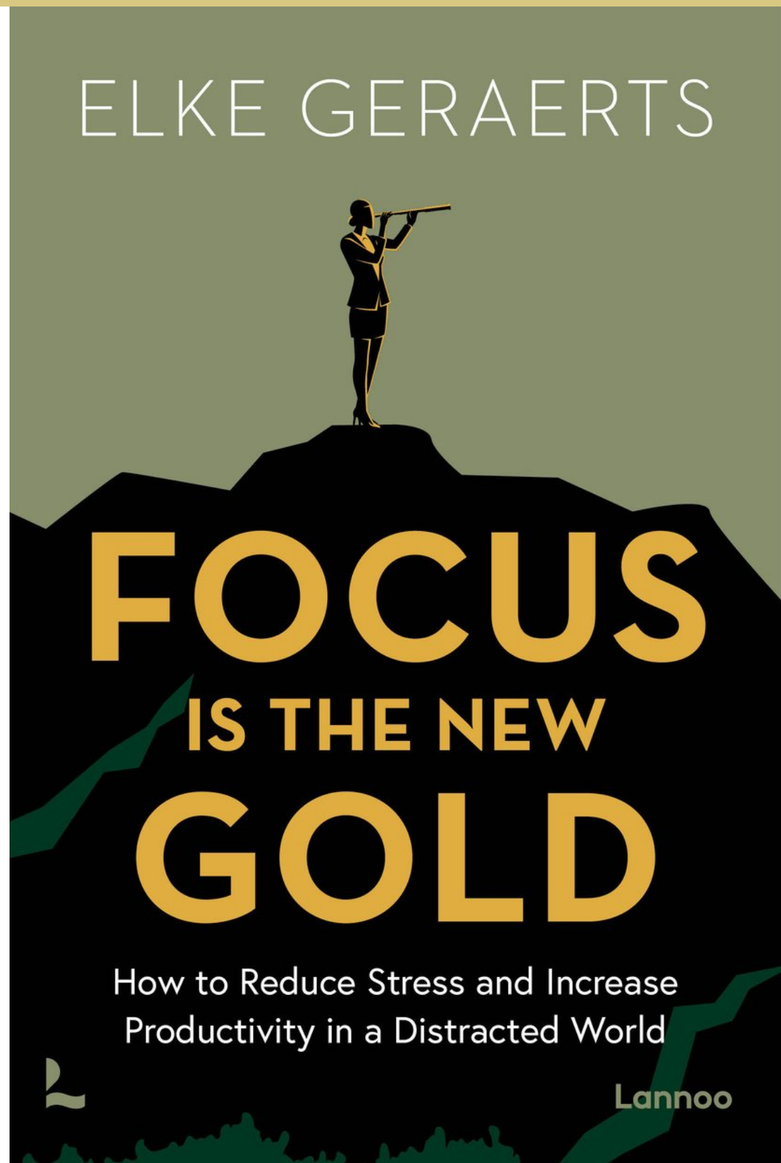
IIn this book, Elke combines powerful insights with practical tools that can be used immediately.

nterested in combining Elke's keynote session with a book for all participants?
Feel free to ask about group rates.

Her goal? **To sharpen our focus again.**

This book is also available in Dutch and Korean.





View all books by Elke here

The New Now | Keynote | Watch on YouTube

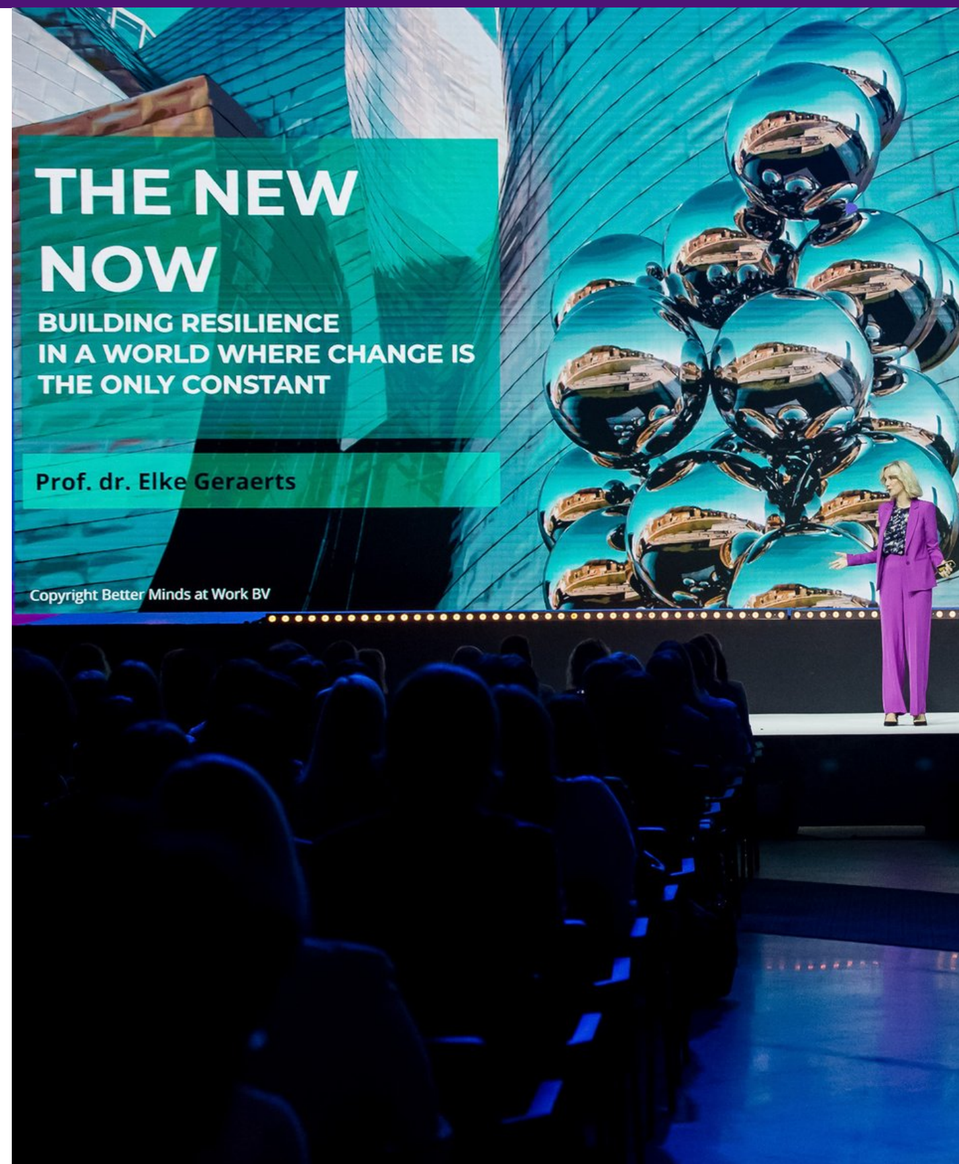
How do you deal with uncertainty as a daily reality?

Change is no longer a project. It's the **backdrop**. And that's precisely where you can make a difference.

This keynote gives leaders and teams a clear framework for building resilience - not as an add-on, but as a **prerequisite for performance**. Neuroscientific insights, translated into effective behaviour. For the world as it actually is today.

What you'll take away: a compass to choose change without noise. Rituals for resilience. Leadership behaviours that build trust. And team agreements that help your organisation switch faster without losing the human element.

Impact: in the coming weeks, you'll notice it in the flow.
Clear priorities. Less noise. Shorter meetings. Teams that dare to experiment, learn faster, and lift each other up.



Courageous Leadership | Keynote | Watch on YouTube

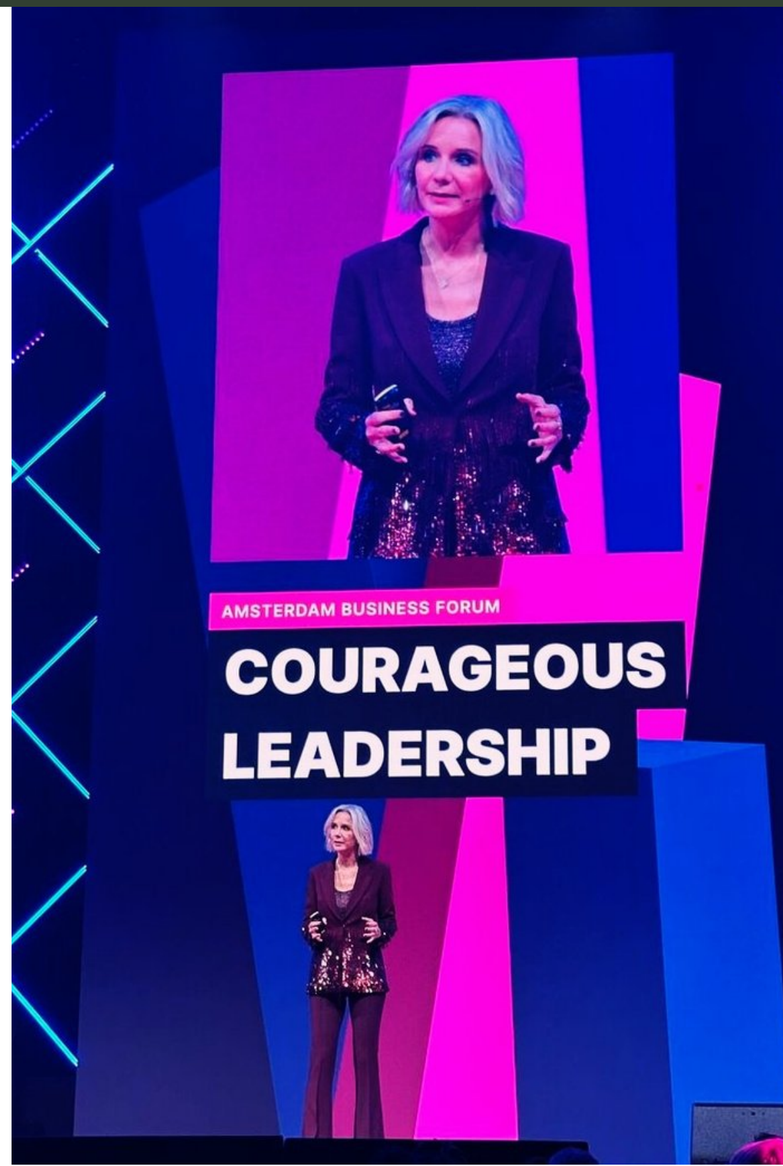
The work environment is changing, and so is leadership.

Social turbulence, blurring boundaries, flexible working - these are transforming the manager-employee relationship into something more human. This requires new skills. The question is: **how do you, as a leader, make a difference when change is constant?**

In this keynote, Elke unravels the core of **courageous leadership**: authenticity, empathy, and adaptability. Long considered "nice to have" - today, they're essential. With her background in neuroscience, she translates these into **concrete behaviour** you can start with tomorrow.

What you'll take away: a clear framework for people-oriented leadership. Rituals that build trust. Tools for difficult conversations - without detours, with respect. And team agreements that accelerate collaboration.

Impact: within weeks, you'll see it. More trust. Faster decisions. Less noise. Teams that take ownership and deliver more consistent results, even under pressure.



Mental Capital | Keynote

Challenging times consume our attention and energy.

We run. We react. We run out of energy. That's precisely why now is the time to build your mental capital. Not theoretically - practically.

Using her #1 bestseller *Better Minds* as a thread, Elke **translates neuropsychology into behaviour that works**, today. You'll learn to focus when it counts, defocus to recharge, and build routines for energy and concentration into your day.

What you'll take away: simple tools to calm your **stress system** and protect your attention. Insights into how to control your thoughts, emotions, and behaviour. Smart boundaries and digital hygiene. And the 48-hour challenge to turn tips into action immediately.

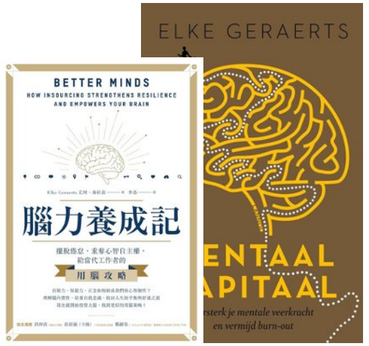
Impact: the following week, you'll notice a difference. More peace of mind. Less ad hoc work, more completed tasks. The pressure remains. The exhaustion doesn't.

Better Minds | The Book

Interested in combining Elke's lecture with a **book** for all participants?
Feel free to ask about group rates.

Burnout rates are rising, and our brains are becoming overstimulated. *Better Minds* shows you how to build **resilience** with scientific insights and simple routines. Less stress, more energy, and more focus. For anyone who wants to prepare their brain for today.

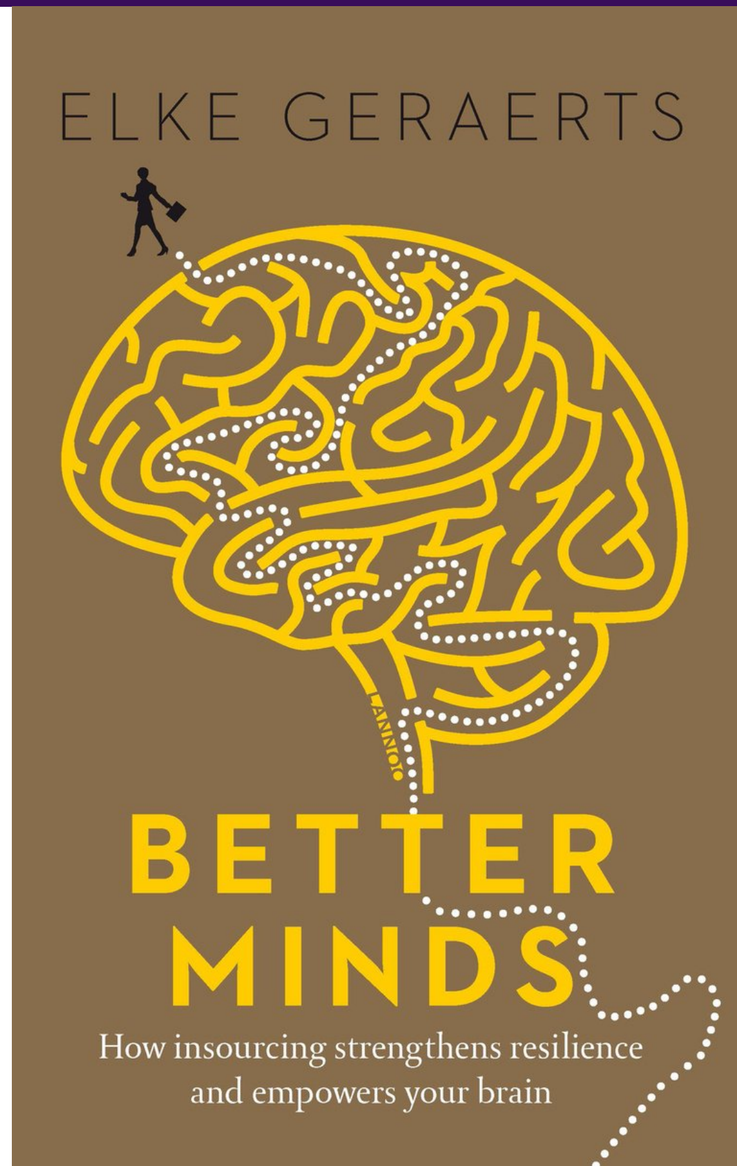
"This book will prepare you for a more optimistic life with more control and less stress. I t's a fantastic read: insightful, useful, and timely. "
- **Tony Crabbe**,
International Bestseller Author



View all books by Elke here

The book is also available in Chinese and Dutch.

"We often forget to invest in our brains. This inspiring book gives us the boost we need. It's a brilliant guide that teaches us how to harness our brain's power to protect creativity and build resilience." - **Peter Hinssen**, *International Keynote Speaker and Author*



ELKE & FRIENDS

Some of the best ideas happen when disciplines collide.
Elke joins forces with thought leaders from innovation, technology, and anthropology -
for keynotes that go further than any one speaker could alone.

When AI meets AI | Keynote or Masterclass | Elke & Peter Hinssen

When Authentic Intelligence and Artificial Intelligence go hand in hand.

Change is accelerating. Systems are shifting. And the question grows: **what is left for humanity?**

Elke and Peter Hinssen join forces. Peter is a global keynote speaker and bestselling author who has given over 1.500 keynotes for Google, Apple, and Microsoft. Together, Peter and Elke show **how to intelligently combine humanity and technology** - with practical examples you can use tomorrow.

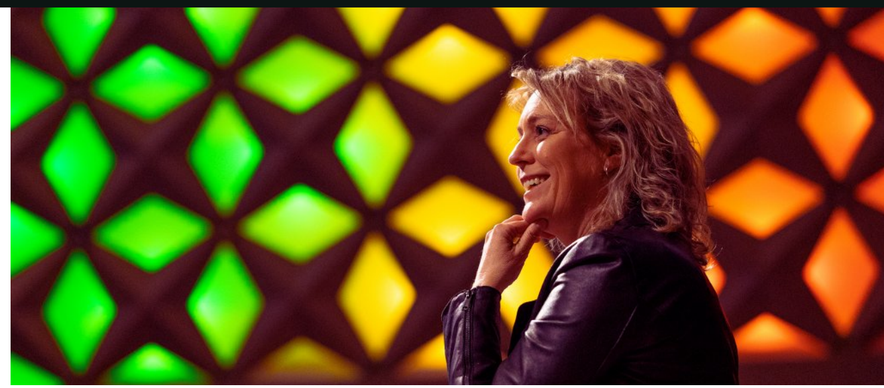
What you'll take away: a compass to **combine AI and human judgment** – not competition, but synergy. How to protect attention, energy, and focus in an AI-driven environment. **Cases and timely anecdotes** translated into directly applicable **behaviour**.

Impact: your teams leave with a shared understanding of humanity and technology - and can start concrete experiments that same week.

"It was one of the best keynotes I have seen, very inspirational!"
Willem Blom, Global Tax & Legal Leader at Deloitte

This keynote struck the perfect balance - immensely inspiring, thought-provoking, and grounded in realism."
Bart Depraetere, Learning and Development Manager at Eli Lilly

The Resilient Tribe | Keynote or Masterclass | Elke & Jitske Kramer



Uncertainty is the new standard.

Crises follow one another. Teams are strained. The question is: how do you **remain agile** - as a person and as a group?

In this duo keynote, Jitske Kramer and Elke join forces. Jitske is a corporate anthropologist, bestselling author, and international keynote speaker known for her work on **tribes**, **inclusion**, and **leadership**. Together, **neuropsychology and cultural anthropology reinforce each other.**

What you'll take away: a compass to **navigate change** at individual, team, and organisational level. Brain-friendly routines that restore calm. **Anthropological tools** for strong tribes: rituals, roles, and clear boundaries. A shared language that connects generations and cultures.

Impact: less noise. More mutual trust. **Conflicts that become productive**. Teams that **adapt faster** - and strengthen each other, even under pressure.

Beyond Resilience | Two- day Masterclass | Elke & Rik Vera

2035 is no longer a distant horizon.

AI is rewriting entire sectors, climate pressure demands courageous choices, and people are being stretched. Old playbooks and control no longer work. It's time for leadership that connects, inspires curiosity, and builds resilience.

Why this two-day event? Rik Vera, international keynote speaker and bestselling author, is a provocative systems thinker who sees patterns where others see chaos. Elke translates neuropsychology into effective behavior. Together, they rewire leadership. Not a workshop, but a reset that prepares your team for 2035 and beyond.

What you'll take away

- A clear compass for 2035 plus: what to stop, what to start, what to keep going.
- Curiosity, mental agility and resilience as trainable skills, with concrete routines.
- Leadership as flow, not hierarchy: working in ecosystems that accelerate value.
- Human OS in practice: energy management, digital hygiene, psychological safety.
- Tangible results: personal leadership contracts and a joint 2035 manifesto.

Program at a glance

- **Day 1,** from chaos to curiosity: Rik understands the major shifts, teams explore blind spots and opportunities. Elke sets your mind on future fitness.
- **Day 2,** the Human Operating System: Elke builds skills and rituals, Rik connects people, technology, and ecosystems. You'll conclude with your manifesto and concrete actions.

Impact

Noticeable within weeks. Greater clarity, faster decisions, less noise. Teams speak the same language about disruption, well-being, and future fitness. Innovation becomes a playing field instead of a threat.

For whom and practical information

C-level and senior leadership teams, maximum 50 participants, two days.

The Power Of Focus | Keynote or Masterclass | Elke & Mark Tigchelaar

The world is racing. Notifications, meetings, noise. That's exactly why focus makes the difference today.

In this duo keynote, Mark Tigchelaar and Elke join forces. Mark brings sharp insights into **attention** and **cognitive performance**. Elke translates neuropsychology into **effective behaviour**. Together: a down-to-earth, energetic presentation packed with practical tools you can apply the same day.

What you'll take away: a simple framework for managing your attention - what to protect, what to eliminate, what to plan wisely. **Deep work** without heroics. Micro-recovery throughout the day. **Digital hygiene** that actually works. And **team rituals** that anchor focus.

Impact: the next workday feels lighter. Fewer distractions, more tasks completed. Productivity up, stress down.

What can you expect from Elke?

Every keynote is **tailored to your organisation, your audience, your challenge**.

The latest **science**, made human.
No jargon, no slides full of data.
A **brain-friendly story** that holds attention from start to finish.

Neuropsychology you can actually use. Not theory for theory's sake - insights that land on Monday morning.

Stories that work across **generations, cultures, and seniority levels.**

And it doesn't end when she leaves the stage: **Q&A, practical tools, a curated reading list, and genuine connection** with your audience long after the session.

Bring Elke to your stage. Transform minds, move organisations.

"I look forward to working with you!"

elke@elkegeraerts.com

Let's connect on LinkedIn!

Elke Geraerts