



Helena Boschi

AUTHOR

Dr Helena Boschi is a psychologist specialising in applied neuroscience who helps organisations improve leadership, decision-making and collaboration through a better understanding of brain and behaviour at work.

- Psychologist specialising in applied neuroscience in the workplace
- Advises organisations on leadership development, team effectiveness and organisational behaviour
- Held senior talent management and organisation development roles at British Airways, Accenture, Serono (now part of Merck KGaA) and Shire Pharmaceuticals
- Author of *Why We Do What We Do: Understanding Our Brain to Get the Best Out of Ourselves and Others*
- Member of the British Psychological Society
- Operates under the Chequered Leopard brand focused on applied neuroscience and workplace behaviour

Helena Boschi's 2026 Biography

Key speaking topics

- Applied neuroscience at work
- Decision-making and cognitive bias
- Leadership development
- Team effectiveness and collaboration
- Organisational behaviour
- Intercultural communication
- Change and resilience
- Creativity and communication

Ideal for

- Senior leaders and executive teams
- HR and talent development professionals
- Organisational development and learning teams
- Cross-cultural and international teams

Audience outcomes

- Clear understanding of how brain science influences behaviour at work
- Greater awareness of cognitive bias and its impact on decisions
- Practical insight into improving leadership and team dynamics
- Deeper understanding of stress and its effect on performance
- Frameworks for more effective communication and collaboration

AVAILABLE FOR

- Speaking

HELENA'S SPEAKING THEMES

- Behavioural Economics
- Change Management
- Creativity
- Hybrid & Remote Work
- Leadership
- Resilience & Stress Management

LANGUAGES: English

Why organisations work with Dr Helena Boschi

- Combines psychology and applied neuroscience with senior in-house corporate experience
- Connects behavioural science directly to leadership and organisational performance
- Brings cross-sector experience from multinational organisations
- Provides evidence-based insight that supports leadership, change and team effectiveness initiatives

Biography

Dr Helena Boschi brings applied neuroscience into the heart of organisational performance. Her work explores how brain and behaviour shape decision-making, leadership effectiveness, collaboration, resilience and communication in complex corporate environments.

She advises organisations on leadership development, team effectiveness, organisational behaviour, intercultural communication and change. Her approach connects psychological insight with practical business application, helping leaders understand why people think and act as they do under pressure, uncertainty and transformation.

Helena has held senior talent management and organisation development roles within multinational organisations including British Airways, Accenture, Serono and Shire Pharmaceuticals. This in-house experience informs her understanding of the commercial realities facing executive teams and people leaders.

She is the author of *Why We Do What We Do: Understanding Our Brain to Get the Best Out of Ourselves and Others*, which examines the impact of stress, cognitive bias and brain science on behaviour at work and in life. A member of the British Psychological Society, she operates under the Chequered Leopard brand, focused on applied neuroscience and workplace behaviour.

Helena Boschi's 2026 talks & topics

The Neuroscience of Change

An evidence-based exploration of why change initiatives often fail, and how understanding the brain's response to uncertainty, stress and imbalance can improve the way change is led and implemented.

Key takeaways:

- Insight into why the brain resists change and how people typically respond to uncertainty
 - Understanding of the emotional drivers that influence behaviour during change
 - Practical strategies to reduce uncertainty, increase a sense of control and create the right conditions for new ways of working
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The Biased Brain

A fast-paced session examining how cognitive shortcuts shape judgement and decision-making, and how neuroscience and behavioural economics can help mitigate bias in business contexts.

Key takeaways:

- Clear understanding of how cognitive biases and mental shortcuts operate in the brain
 - Awareness of common distortions that affect decision-making and relationships
 - Practical insight into framing language and pricing to influence outcomes more effectively
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Feeling Fear and Fostering Psychological Safety

A practical exploration of fear, conformity and social inclusion, and how psychological safety supports collaboration, trust and team performance, particularly during uncertainty and change.

Key takeaways:

- Understanding of why fear is a primary emotional response in uncertain times
 - Insight into behaviours that emerge when individuals do not feel safe
 - Practical approaches to building trust, encouraging openness and reducing anxiety within teams
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The Hybrid World, the Erosion of Trust and our Attitude to Risk

An examination of how remote and hybrid working have influenced trust, empathy and risk attitudes, and what organisations can do to strengthen relationships and performance in evolving work models.

Key takeaways:

- Insight into the brain's need for connection and the impact of disrupted relationships
 - Understanding of the building blocks of trust, compassion and differing attitudes to risk
 - Practical considerations for making the most of hybrid and virtual working environments
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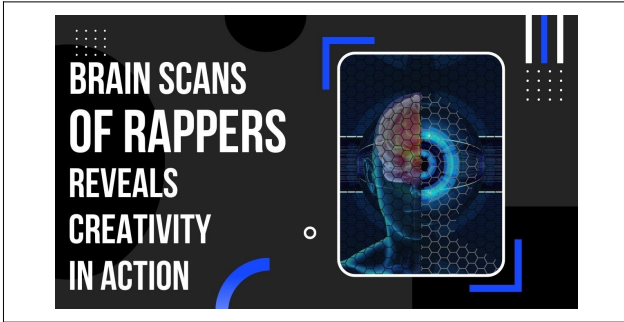
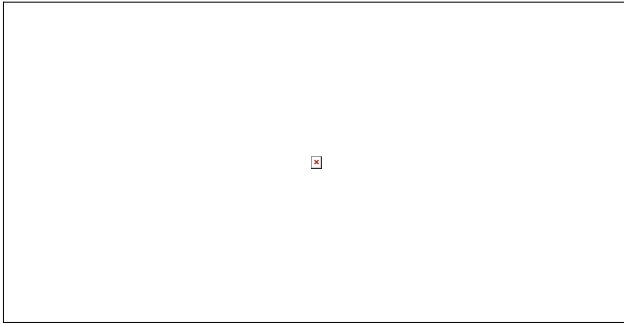
The Neuroscience of Innovation - and How to Develop New Insights

A stimulating session on attention, perception and cognitive agility, exploring how to challenge assumptions and develop more divergent and exploratory thinking.

Key takeaways:

- Awareness of how attention and perception shape what we believe to be true
- Understanding of the limits of narrow expertise and habitual thinking
- Practical approaches to increasing cognitive agility, creative thinking and openness to new ideas

Helena Boschi's Videos



What Helena Boschi's clients say

I do not believe I have experienced better feedback on an external speaker for many years. The topic, content and performance achieved the best score in our survey. In these meetings it is always difficult to please everyone however, this time we were very close to achieving that.

Cook Medical

Dr. Helena held 150 of our staff spellbound, in between some excellent audience participation, hoots of laughter, gasps of surprise, and furrowed brows of deep thought for an hour at our recent AGM. Absolutely superb speaker. Engaging, intellectual, friendly, fun, and endlessly positive and enthusiastic.

Coodes Solicitors

Really good pace for the topic, speaker was very engaging and dynamic. loved the exercises that showed how lazy my own brain was! Gave great perspective on how we can better support our teams through change. More enlightening and useful than some of the traditional change management trainings out there. She even provided a handout afterwards once we asked!

Illumina

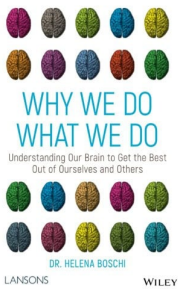
Helena was fantastic and went down brilliantly. She was lovely to work with, understood the audience and what they wanted and needed to hear about and tailored her speech perfectly – the right balance of layman and technical information! Honestly, I rarely listen to speakers as I hear so many and I often zone out but I listened to everything she said and thoroughly enjoyed it.

Association of Colleges

Her session was simply amazing and a highlight for many of the participants. So THANK YOU. We used her keynote on change throughout as a driver and I believe we achieved just what we set out to do.

Nestle

HELENA'S LATEST BOOKS



Why We Do What We Do:
Understanding Our Brain to Get
the Best Out of Ourselves and
Others