



Nicole Vignola

SCIENTIST

Neuroscientist and author of *Rewire: Break the Cycle, Alter Your Thoughts and Create Lasting Change*

Nicole Vignola is a neuroscientist, corporate consultant, author and speaker committed to making neuroscience tangible for the masses. Her first book 'Rewire: The (Neuro)Science of a Good Life' was pre-empted in the UK by Penguin Michael Joseph; it was also pre-empted in the US by Harper One and has sold over 13 translation deals.

Nicole Vignola's 2026 Biography

Meet Nicole Vignola

Nicole Vignola is an internationally acclaimed neuroscientist, author, and corporate consultant who empowers organisations and individuals to realise their full potential by making neuroscience practical, accessible, and transformative for business and life. Her renowned approach blends cutting-edge research with actionable brain optimisation tools, delivering measurable improvements in decision-making, resilience, performance, and mental well-being for clients across sectors.

A sought-after keynote speaker and author of the bestselling book "*Rewire: The (Neuro)Science of a Good Life*," Nicole is celebrated for her pioneering work in translating neuroscience into tangible strategies for workplace effectiveness and individual growth. Her research background, spanning a BSc in Neuroscience and an MSc in Organisational Psychology, underpins her expertise in synaptic plasticity, mindset transformation, and the science of decision-making under pressure.

Transforming Science into Action

Nicole's unique value lies in her ability to tackle critical business pain points, including:

- Optimising decision-making in high-pressure environments, equipping leaders and teams to thrive amid uncertainty.
- Driving sustainable behavioural change by leveraging neuroplasticity and proven physiological interventions.
- Building mental resilience and stress management practices designed to foster well-being, engagement, and calm in fast-paced workplaces.
- Promoting workplace neurodiversity, adaptability, and mindsets for lasting growth and inclusivity.

Nicole's impact goes beyond the platform, her Mental Currency Method

AVAILABLE FOR

- Speaking

NICOLE'S SPEAKING THEMES

- Health & Wellbeing
- Mental Health in the Workplace
- Neurodiversity
- Peak Performance
- Resilience & Stress Management
- Team Leadership

LANGUAGES: English

and ongoing research position her as a thought leader redefining wellness for the modern workforce. Each engagement equips organisations with science-backed solutions, fostering adaptability, well-being, and the capacity for growth.

Nicole's client portfolio features industry leaders such as Lloyds Banking Group, Makers Mark, and Smeg Ltd., reflecting her track record of success in both corporate and public sectors.

Nicole Vignola's 2026 talks & topics

Physiological tools for peak performance.

The science of behavioural change in the workplace.

Think Faster, Decide Quicker and Feel Better

Physiological Tools for Peak Performance

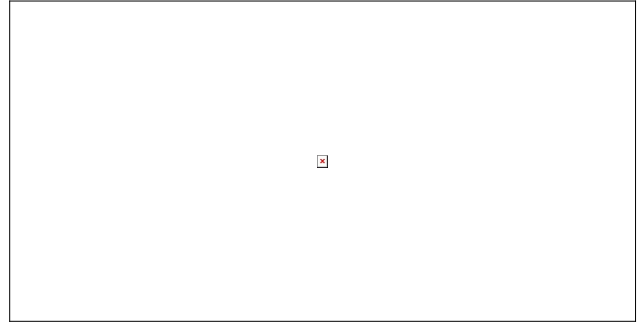
Long-Lasting and Positive Change

The Science of Behavioural Change in the Workplace

Hectic Work, Calm Team

Building Resilience and Handling Stress

Nicole Vignola's Videos



What Nicole Vignola's clients say

Nicole was an engaging and knowledgeable presenter, who helped merge science and research with practical tips and tools to manage wellbeing.

Victoria Purdon
Ultraleap

Nicole's knowledge, experience, and communication style is exceptional!

Rita Suh
UCLA

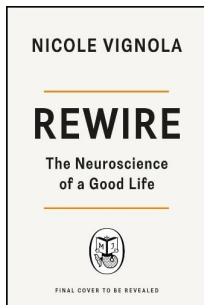
Nicole's presentation style is informative, warm, and takes a complex subject and makes it digestible and adaptable for the audience.

Lloyds

My team and I found Nicole's talk informative and practical. You explained the science and the why and then gave us practical steps on the how.

Isabel Bustillos
PwC

NICOLE'S LATEST BOOKS



REWIRE: The Neuroscience of a Good Life