



Steven Laureys

AUTHOR · MENTAL HEALTH ADVOCATE · SCIENTIST

Award-winning neurologist and bestselling author

Steven Laureys is a world-renowned neurologist, brain science popularizer, and bestselling author. Having more than 25 years of experience under his belt, Laureys has published over 500 scientific papers as well as 12 books to date. He is acknowledged as one of the leading authorities in the field.

Steven Laureys's 2026 Biography

Steven Laureys MD PhD FEAN is a neurologist, author and keynote speaker, recognized for his research on human consciousness. He currently is Chairholder of the Canada Excellence Research Chair in Integrative Neuroscience for Sustainable Mental Health, Full Professor at Laval University, CERVO Brain Research Centre, Quebec, CANADA and is Invited Professor at Harvard Medical School, Boston. He also is Research Director at the Belgian National Fund for Scientific Research and founder of the 'Coma Science Group' and GIGA Consciousness Research Unit at Liège University and the Centre Cerveau at the Liège University Hospital.

With his team and collaborators, he uses neuroimaging to study neuroplasticity and recovery from brain disease and trauma but also in sleep, dreaming, anesthesia, hypnosis, trance, psychedelics, and the power of the mind as studied in Buddhist monks, astronauts, entrepreneurs, and top athletes.

Prof Laureys is a promoter of complementary medicine and sustainable mental wellbeing and co-signer of the Cambridge Declaration on Animal Consciousness. He is a highly cited neuroscientist with over 570 scientific articles (H-index 141), ranked in the world top 10 most influential neurologists and is author of several popular books including "*The No-Nonsense Meditation Book*". Dr Laureys is a fellow of the Belgian Royal Academy of Medicine and recipient of numerous awards (e.g., European Academy of Neurology, European Award in Medicine, Max Planck Institute, Association of the Scientific Study of Consciousness, and Society of Cognitive Neuroscience). He is co-founder of Mind Care International Foundation.

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AVAILABLE FOR

- Speaking

LANGUAGES: Dutch, English, French

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Steven Laureys's 2026 talks & topics

Translating neuroscience and the power of the mind to the business practice

Mindfulness and compassion

Restorative sleep, stress, alertness and focus

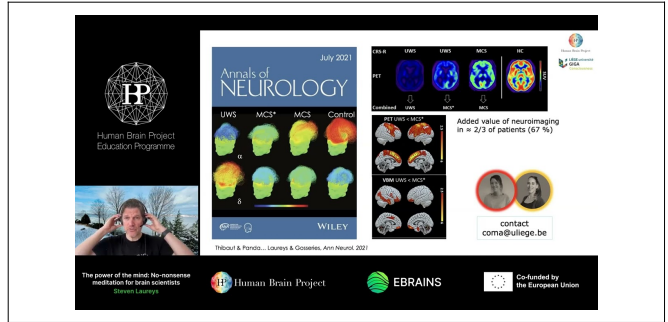
Entrepreneurs' mindset and neuro-economics (cognitive flexibility, innovation and human decision making)

Neuro-ergonomics (work performance and mental wellbeing at work and home)

Creativity, teamwork and leadership (ethics, value and empathy)

How human intelligence and creativity differs from Artificial Intelligence and neuro-robotics.

Steven Laureys's Videos



What Steven Laureys's clients say

Professor Laureys is a phenomenal speaker eager to share his scientific insights to help all of us to find happiness. He makes it a mission to debunk misguided views while sharing the latest insights on neurology and mindfulness in clear language. He engages with the audience using a variety of tools.

Reinout De Bock

International Monetary Fund, London

Steven Laureys is passionate about meditation and the benefits it has on anyone's daily life, and he knows how to grab your attention and engage an audience when talking about it. I say 'anyone's' here as Laureys can literally inspire anyone with his very clear, knowledgeable, and approachable presentations on how meditation works in your brain and what effect it has. We booked him for two events with different target groups, and he easily got everyone enthusiastic on and marveled about the effects of meditation. You want to try out meditation after his presentation, even if you're not into it.

Sanne Helbers

Studium Generale, Delft University

Steven is a world-class speaker with the rare ability to grab people's attention and keeping them engaged. His remarkable talent and skill are self-evident. And did he deliver! Not only was he selected as the best out of ten speakers, his high-energy presentation was also well-crafted, thought provoking and exceeded our expectations. I have never seen anyone deliver such a powerful speech around this fascinating topic. His message will impact you in ways you would never have expected and motivate you to start practicing mindfulness in several areas of your life. I highly recommend Steven as a speaker for your next event.

Jonathan Bossaer

Positively Alive

Passionate & beautifully connected with the message. We were very happy with the inspiring keynote.

Jen Bertels

Mindfulness Association Belgium

Steven is a passionate speaker who can easily captivate an audience with his stories. We asked him to speak at our big outdoor science festival and the place was packed during his presentation. Rightly so! The audience came out of his presentation enthusiastic and full of energy.

Toon Verlinden

Sound of Science

We can highly recommend prof Laureys for your next event – no matter what kind of experience level the audience has. Steven is an electrifying speaker. His passion for the subject is taking the audience smoothly into the secret world of human consciousness. In just one hour, attendees gain a fresh perspective on the topic. Many attendees have requested printed text or presentations from Prof Laureys' keynote speeches – more than for any other speaker. His presentations are packed with illuminating anecdotes, surprising paradoxes, telling statistics, and a refreshing dose of good humor.

Sarah Perneel

Arseus Medical

Steven has a unique combination of skills. He is a world-class researcher, a renowned neurologist, and a talented speaker. His lectures shed light on one of humanity's most complex and fascinating questions, consciousness.

Laurent Hermoye

Imagilys

With his impressive background and unique persuasiveness, dr. Steven Laureys delivers a message with potentially life-changing impact. Why cling on to old ideas about mind-body separation, when so much is known about our brain and the positive effects of meditation and altruism? This speaker brings stories first-hand and evidence-based in a balanced and natural style, captivating your attention for every single minute. Totally recommended!

Wouter Rogiest

LM Plus, health insurance fund

Dr Steven Laureys combines scientific research with hands-on exercises and testimonials. He is an extraordinary guide in the discovery of the wonderful world of our brain. Steven illustrates the power of meditation on our mind through diverse evidence-based stories that convince the most doubtful. Rooted in real life, he offers a path to everybody to experience it. His passion and longtime dedication to this field make him an enthusiastic and convincing speaker. Highly recommended.

Camille Gillon

Belfius Bank & Insurance

Dr. Steven Laureys' enthusiasm for the field of neuroscience is palpable. Steven condenses years of research into digestible, enjoyable and practical forms that opens the door into the science of meditation and the effects of music on the brain. I believe this comes from a personal investment in improving the lives of people.

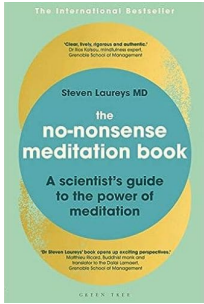
Milagro Elstak

Entrée, Amsterdam Concert Hall

Professor Steven Laureys is without a doubt the most dynamic, entertaining, and engaging presenter I have ever had the pleasure to watch. From the moment he took the stage, his audience completely captivated. Best of all, he delivered valuable, important insights and ideas. He delivered - totally. He was dynamic and had a contagious enthusiasm that delivered ah-ha moments across the board; everyone walked away with something. Also, he was gracious enough to answer questions and provide feedback - even after the conference. Professor Steven Laureys is not just a speaker; he's an experience.

Katrien Geeraerts

STEVEN'S LATEST BOOKS



The No-Nonsense Meditation Book: A scientist's guide to the power of meditation

Similar speakers



AUTHOR

Beau Lotto

Leaders trust their judgment. But judgment is built entirely from past experience, which means it reliably reproduces what already exists. The challenge isn't a lack of data or analytical capability. Every decision in an organisation is filtered through a perceptual system that evolved to predict, not to discover. Genuine adaptation requires something harder than a new strategy: it requires the ability to see what your own assumptions make invisible.



MEDIA PERSONALITY

Susan Greenfield

Workforces and customers spend hours a day in environments engineered to capture attention. Leaders sense the cognitive shift but lack a framework for what is happening inside the brains of their people and customers. They need a defensible model of what digital technology is doing to human cognition, and what to do about it.



AUTHOR

Friederike Fabritius

Most organisations select leaders for their ability to sustain pressure – and then build cultures that only those leaders can endure. When the personality profiles that rise to the top systematically recreate the conditions that suited their own brain chemistry, the result is not bad management intent but a structural bias baked into hiring, promotion, and performance systems. DEI programmes address demographics; they rarely reach the neurological layer that determines whether talented people actually stay.



SCIENTIST

Vivienne Ming

Organisations spend heavily on hiring and talent development, yet the signals they rely on; credentials, interviews, and institutional pedigree, consistently fail to predict who will actually perform. This is not a diversity problem or a culture problem. It is a measurement problem, and most organisations have not yet recognised it as one. When the instruments are wrong, even well-intentioned decisions produce systematically bad outcomes.



MEDIA PERSONALITY

Tom Solomon

Chair of Neurological Science at the University of Liverpool and Director of the National Institute for Health Research (NIHR)



AUTHOR

Mariano Sigman

Mariano Sigman is an Argentine physicist and neuroscientist who helps organisations understand decision-making, learning, and communication through insights from cognitive science and neuroscience.