



## Tara Swart

**Neuroscientist, leadership coach, award-winning author and a medical doctor, Dr Tara Swart speaks on how global leaders can achieve mental resilience and peak brain performance**

Tara Swart is the only speaker and leadership coach with a PhD in neuroscience and a successful career as a medical doctor behind her.

### Tara's biography

This unique combination of experience comes together to create an uncompromising impact on performance optimisation in businesses globally. Tara is passionate about disseminating simple, pragmatic neuroscience-based messages that change the way people work and sustainably translate to improvements in the organisation.

Dr Swart works with leaders all over the world to help them achieve [mental resilience](#) and peak brain performance, improving their ability to manage stress, regulate emotions and retain information.

Tara is the only top-tier leadership coach with both a PhD in neuroscience and former medical career as a psychiatrist. Educated at Oxford University and King's College London, her role as Senior Lecturer at MIT ensures that she remains at the forefront of the latest developments in her sector.

Tara's clients include FTSE100, Fortune 500 and Magic Circle firms, as well as UHNWI [entrepreneurs](#). She specialises in sectors that face unusual levels of stress or change.

#### **Tara Swart's Career/Biography**

After graduating with a BSc in Biomedical Science and a PhD in Neuropharmacology from King's College London, and a BM BCh (medicine) from Oxford University, Tara carried out her Psychiatry residency at The Royal Free hospital, Tamarind Wellness Centre in Australia, the Mid Atlantic Wellness Institute in Bermuda, and the West London Mental Health Trust. These positions included research and practice in child psychiatry, learning disabilities, drugs and alcohol dependency, elderly care and medium-secure criminal psychiatry.

Tara sits on five advisory boards and councils including Quest (a global leadership institute for early

career women), the training and coaching organisations, Longbow and Optima-Life; as well as Venatus, the global executive search company and You-app, an online app that focusses on healthy lifestyle choices.

She is also co-author of the award-winning book, Neuroscience for [Leadership: Harnessing the Brain Gain Advantage](#), part of The Neuroscience of Business series.

Tara was the first Neuroscientist-in-Residence at the five-star Corinthia Hotel London. She is at the forefront of the application of neuroscience to Business and is regularly quoted in the press. She is an award-winning author and speaks globally on the brain in business at international conferences, blue-chip corporations and at top business schools including Oxford, Stanford and MIT (where she is Senior Lecturer and runs the Neuroscience for Leadership and Applied Neuroscience programs).

### **Awards, accolades, honours and achievements**

- BSc in Biomedical Science, King's College London
- PhD in Neuropharmacology, King's College London
- BM BCh (medicine), Oxford University
- Senior Lecturer in Applied Neuroscientist at Massachusetts Institute of Technology
- Co-author of award-winning book, Neuroscience for Leadership: Harnessing the Brain Gain Advantage

### **Tara Swart's Speaking Style**

Tara works closely with her clients to ensure that her speeches are relevant, thought provoking and produce tangible results. Because of the far-reaching benefits of neuroscience, Tara's speeches are relevant for all businesses, industries and audiences.

### **Her specialist subjects include:**

- Neuroscience for leadership (resilience, diversity of thinking, culture for success, mindsets and mindfulness)
- Leading sustainable performance (focuses on the neuroendocrinology of stress and physical, mental, emotional and spiritual well-being)
- Your brain on money (the neuroscience of financial risk-taking and decision-making)
- Technology and the future of the brain and business (the science behind how technology impacts your brain, and how to maximise the opportunities and mitigate the risks).
- Resilience

## **Tara's talks**

- **Confidence**
- **Leadership stress and resilience - sleep, exercise, nutrition, hydration etc**
- **Creating the conditions for success in organisations**
- **Brain - body connection**
- **Innovating into the future**

