

NEUROSCIENCE IN ACTION

REMEMBER WHEN PRESSURE MADE YOU BRILLIANT?

Here's how to get it back -
with REAL Neuro-Science & REAL Stories

FROM BRAIN SURGERY TO BOARDROOMS

The Neuroscience of Resilience

ANNETT KOENIG

A Neuroscientist who reveals
the brain's HIDDEN warning
signs before the body breaks



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ANNETT KOENIG

Neuroscientist | Keynote Speaker
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NEUROSCIENCE IN ACTION

Building Power, Energy & Resilience

ABOUT ANNETT KOENIG

Annett Koenig partners with performance-driven professionals and organisations to prevent burnout, protect cognitive clarity and build sustainable high performance - all before stress takes its toll. This unique expertise is now brought into boardrooms, conferences and leadership retreats, helping individuals understand how stress truly impacts the brain and empowering them with strategies to stay ahead of it.

A UNIQUE PERSPECTIVE

Annett Koenig offers a rare, international, inside-out perspective on burnout, drawn from over 25 years of experience in clinical neuroscience and high-stakes leadership across the US and Germany. As a former diagnostics and surgical leader, she now brings that same clarity to stages, strategy rooms and executive teams worldwide. Audiences learn about resilience in a way that makes them feel understood. They leave equipped with practical tools to protect clarity, performance and well-being, ensuring long-term success and sustainable high performance.

Audiences will leave with

THREE HIGH-impact, READY-to-use tools:

1. The **EARLY-WARNING BRAIN MAP** helps spot the first signs of overload and take rapid action to maintain sustained performance.
2. The **NEURAL PERFORMANCE BLUEPRINT** maintains clarity, stability and decisive thinking under pressure.
3. The **COGNITIVE COMPASS** cuts through complexity, enabling confident and priority-led decisions.

WHAT THEY SAY

"Chronic stress had made me useless to myself and others."

With Annett's help, I began mapping out my day, scheduling real recovery and understanding that being constantly 'on' was draining me far more than I realised.

Fiona Blum

Senior HR Advisor

SIGNATURE SPEECH / 'BEFORE THE BODY BREAKS'

**'REAL STORIES, REAL SCIENCE,
A WAKE-UP CALL FOR EVERY HIGH ACHIEVER'**

- **The nervous system needs signals of safety — not just grit.**
Micro-decisions and boundaries calm the brain and restore clarity.
- **Performance can be sustained — but not by pushing harder.**
Working with your biology protects energy and focus.
- **Prevention is powerful — and possible.**
Walk away with a clear framework to stay strong under pressure.
- **The earliest signs of overload are subtle — but measurable.**
Learn to spot and act on the brain's early warning signals.
- **High achievers are often the most at risk.**
Pressure and perfectionism can hide burnout until it's too late.

BOOK ANNETT



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ANNETT - KOENIG

