

Suzanne O'Brien – Neuroscientist

Suzanne O'Brien is a neuroscientist, writer, and consultant with over a decade of experience in psychological research, wellbeing education, and science communication.

She holds a PhD in neuroscience from King's College London with expertise in neuroimaging and behaviour change. Suzanne designs and delivers evidence-based sessions that help individuals and teams understand how their brains work – and how to work with them more effectively.

She is also completing clinical training in psychotherapy and brings a psychologically informed, inclusive approach to all her work.

Topics Covered:

- Neurodiversity at Work: Understanding & Unlocking Cognitive Strengths
- Mental Flexibility & Behavioural Change
- How the Brain Learns: Neuroscience of Memory & Skill Development
- Focus, Flow & Burnout

