Brain Health Expert, Neurologist, Neuroscientist, Author

Dr. Volker Busch



Fast, efficient and always perfect – today's demands on life push many people to their limits. The way we work and the general lifestyle can cause stress and drain our strength. Volker Busch shows his audience how to maintain your performance by finding balance and relief and maintaining an inner stability. He was interested in what makes you healthy instead of sick. Health prevention and performance maintenance are his passion: What gets the brain in top shape? What makes people (more) efficient? What motivates and inspires us at work and in everyday life? And what keeps the soul stable? How…

Topics

Change-Management, Employer Branding & Human Resources, Health & Nutrition, New Work & New Culture, Resilience & Stress Management, Trends, Future & Science

Languages

German

LEADING MINDS

LEADING MINDS GmbH
Gerstäckerweg 3a | 14089 Berlin (Germany)
+49 (0)30 640 777 42 | contact@leading-minds.com | leading-minds.com