Neurobiologist, author & mental health expert

Dr. Bernd Hufnagl



Bernd Hufnagl is a Viennese neurobiologist and management consultant. Above all, however, he is one of the most exciting brain researchers of our time. The bestselling author and keynote speaker's most revolutionary thesis: take more time to daydream! He has simple but effective tips on how we can switch off in order to get back on track: Put the smartphone away, look out of the window and always plan micro-breaks. Anything but thinking purposefully. He even considers short breaks to be more important than a two-week holiday. "Daydreams make us more efficient" Hufnagl has been focussing on the connection between…

Topics

Employer Branding & Human Resources, Future Advisory Board, Health & Nutrition, Leadership & Recruiting, Megatrends & Education, New Work & New Culture, Resilience & Stress Management, Robotics & Artificial Intelligence, Society, Trends, Future & Science

Languages

English, German

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