



## Tara Swart

AUTHOR · SCIENTIST

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

### About:

- **Gender:** Female
- **Languages:** English
- **Travels from:** United Kingdom

### Engagement Types:

- After Dinner Engagement
- Coaching
- Guest Appearance
- Panel Participation
- Speaking

### Biography Highlights

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

### 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.

## Topics:

- Change Management
- DEI (Diversity, Equity & Inclusion)
- Gender Equality
- Innovation & Digital Transformation
- Leadership & Management
- Mindfulness & Resilience
- Neurodiversity
- Remote Team Management
- Team Dynamics
- Work-Life Integration

## 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

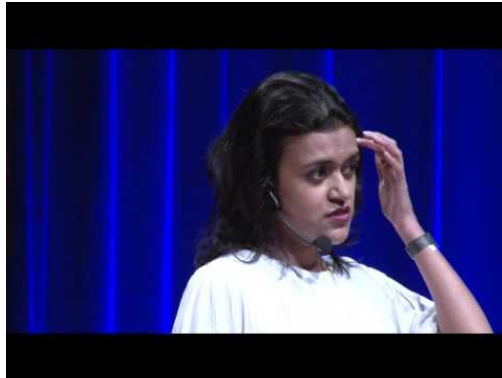
Tara works closely with her clients to ensure that her speeches are relevant, thought provoking and produce tangible results. Because of the far-reaching benefits of neuroscience, Tara's speeches are relevant for all businesses, industries and audiences.

## 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

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## Videos



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## Tara's Topics

**Confidence**

**Available:** Virtually

**Leadership stress and resilience - sleep, exercise, nutrition, hydration etc**

**Available:** Virtually

**Creating the conditions for success in organisations**

**Available:** Virtually

**Brain - body connection**

**Available:** Virtually

**Innovating into the future**

**Available:** Virtually

## Testimonials

“

We invited Tara to speak at our sales meeting to provide the participants, all of whom were senior reinsurance brokers, with an alternative, more scientific perspective on relationships with colleagues and clients. Tara is knowledgeable and enthusiastic in her subject area and her presentation was absorbing and highly relevant to our audience. It generated much energy and debate and was acknowledged to be a stimulating addition to our meeting programme.

**Simon Gander**

CEO

*Global Re Specialty, Aon Benfield*

“

I have engaged Tara for coaching, workshops and also for a highly engaging talk to over 150 mostly senior bankers. Her material is fantastic – relevant, up to date, impactful and thought provoking. This really is ‘must-have’ info, with important implications for the workplace. Tara’s professional delivery blends expertise with good humour – she is clearly an accomplished speaker. She had the audience captivated and handled a wide array of questions with ease and confidence.

**Michael Brooke (CPsychol)**

UK L&D Lead

*BNP Paribas*

“

We recently asked Dr. Tara Swart to speak at one of our Executive Education programs at the Stanford Graduate School of Business. She received high remarks from our participants, who were mainly CFOs: ‘fascinating view on biology, behavior and business,’ ‘inspiring’ and ‘engaging and fun, repeat her!’ We enjoyed partnering with her, and look forward to future opportunities.

**Sherri Fujieda**

Associate Director

*Stanford Graduate School of Business*

“

Tara Swart came to MIT Sloan to teach in the Sloan Fellows and the students stood and applauded. The Fellows appreciated learning about the brain, but also about how to use that knowledge in a corporate coaching context. Participants left with a greater understanding of how to lead through the use of emotion and multiple parts of the brain.

**Deborah Ancona**

Professor

*MIT Sloan School of Management*

“

Tara brings a robust and novel approach to understanding how we behave at work; how much of this is driven by the chemistry of our brains. The science gives us a more accurate basis for understanding what motivates us at work both as individuals and as part of a team. She creates valuable insights into making teams more effective and successful and is an engaging and persuasive advocate for her approach.

**David Richards**

MD and Global Head, Principal Structured Finance

*Standard Chartered Bank*

“

Tara presented to a group of our senior reinsurance brokers on neuroscience at a sales conference in April this year. Her talk was thought provoking, engaging and witty. It generated a lot of discussion in the room and after the conference. The reason Tara's talk went down so well, with a critical audience, was due to the scientific rigor that underpinned the content, the fact that the subject matter was relevant to all of us (we all have a brain), and the quality of the delivery.

**Fiona Logan**

Client Relationship Management Director  
*Aon Benfield*

“

Tara recently ran an excellent 'Neuroscience of Leadership' session very successfully with a group of our 30 cross cultural leaders. They were all attending our 'Leading Across Boundaries' programme, which we run at SAID, Oxford, designed for our top 600 leaders of the Bank. She created immediate trust and rapport with participants, with a high level of energy, open challenge with the group, to really get them thinking in a different way about how they operate on a daily basis. Since this event, Tara has worked with us on our Inclusive Leadership Agenda for a much broader population in the bank with great impact, and we look forward to collaborating with Tara on a further basis.

**Sam King**

Head of Executive and Team Development  
*Standard Chartered Bank*