

## **Bio Professor Selena Bartlett**

Professor Selena Bartlett is a Group Leader of Translational Neuroscience at the Translational Research Institute and a Professor in the School of Clinical Sciences at QUT's, Faculty of Health. She is an international investigator in translational neuroscience, being a Chief Investigator (CI) on a number of large multi-investigator translational research grants, in the US and Australia. In recognition, the Australian Neuroscience Society awarded Professor Bartlett the *Lawrie Austin Award for contributions to neuroscience* in 2019. Professor Bartlett was the Director of Medications Development at the University of California San Francisco, California for eight years.

Professor Bartlett has been studying the brain for 30 years. She is author of *Miggi Matters: How to Train Your Brain to Manage Stress and Trim Your Body* and *'Smashing Mindset: Train Your Brain to Reboot, Recharge, Reinvent Your Life'* and also hosts the *Thriving Minds* podcast. Her presentation aims to transform leadership capabilities by understanding how to apply neuroscience. She has developed a *Thriving Leaders* program that shows leaders techniques to reduce the impact of COVID-19 on workplace stress, performance and impacts on leadership using neuroscience and neuroplasticity.

### **Professor Bartlett will focus on:**

- how the pandemic has exposed more leaders to stress and anxiety,
- how the brain is impacted that leads leaders to feelings of being overwhelmed and burnout
- the opportunity and strategies we all have to reset the way we think about brain health, and using neuroscience and neuroplasticity
- how to develop an environment to reduce workplace stress, improve team performance and lead a thriving organisation

Evidence of the success of her translational approach is through significant research funding, from the Department of Defence, National Institutes of Health in the US; and Australia's National Health and Medical Research Council and Australian Research Council. Professor Bartlett has more than 100 high quality scientific publications, including in *Cell* and *PNAS* (Proceedings of the National Academy of Sciences of the United States of America). She is completing clinical trials of new therapeutics and novel strategies to prevent and treat alcohol and sugar addiction. An ambassador for the organization Women in Technology, Professor Bartlett has received the Biotech Outstanding Achievement award and Biotech Research awards. The strength and innovation of her lab's research findings to impact public health is shown by regular invitations to speak at International conferences and interviews as a thought leader in public forums such as the World Science Festival and TEDx and in media, including *Ockham's Razor*, *Good Morning America*, *ABC News* and *The Conversation*. Professor Bartlett has presented her findings around the world, for State government, clinicians at Grand rounds, pharmaceutical, biotech and financial companies, high schools and community organisations about how to transform leadership capabilities by applying neuroscience.

