

Dr Elke Geraerts

Dr Elke Geraerts blends academic depth with practical insights on mental resilience. A psychologist, bestselling author, and corporate speaker, she helps organisations and teams thrive in uncertain times. Her talks translate neuroscience into daily action, offering a powerful mix of motivation, science, and strategy.

KEY TOPICS

- **Mental Resilience in Times of Change**: How to adapt and thrive in fast-changing environments
- **Focus is the New Gold**: Techniques to reclaim attention and drive deep work
- **The New Mental**: Upgrading your mental software for today's digital age
- **Authentic Intelligence**: Combining emotional intelligence with psychological strength
- **The Mental Reset**: Tools for post-crisis recovery and long-term wellbeing

BIOGRAPHY

Dr Elke Geraerts: Building Mental Resilience in the Modern Workplace

From Academia to Applied Impact

Dr Elke Geraerts has a rare gift: she brings together academic credibility and practical application in a way few others can. With a PhD in psychology and experience at leading universities including Harvard, St Andrews, Maastricht, Rotterdam, and Ghent, she built a reputation for robust, internationally recognised research. Yet her curiosity and drive led her beyond the academic world. Fascinated by how psychological science could support people in real-time, fast-paced work environments, Dr Elke Geraerts transitioned into the business world. Her goal was clear: to help people and organisations not only survive but thrive amid rising pressure and complexity. This mission led to the founding of **Better Minds at Work**, a consultancy that empowers teams and leaders to optimise mental resilience, focus, and talent. Today, it spans over seventy psychologists and consultants globally. Elke's work sits at the intersection of neuroscience, business, and performance—a compelling mix for organisations looking to strengthen wellbeing and effectiveness.

Translating Science into Everyday Strategies

What makes Dr Elke Geraerts a standout keynote speaker is her ability to turn complex psychological insights into accessible, inspiring guidance. Her talks don't just inform—they transform. She brings her audiences on a journey from understanding the brain to changing how they work, lead, and live. Rather than offering generic wellbeing advice, Elke dives deep into how leaders and employees can practically apply the latest research on stress, attention, motivation, and resilience. Her approach is science-backed, yet always human-centred. She empowers teams to reframe challenges, boost engagement, and build sustainable habits in their daily work. In today's volatile corporate environments, mental strength isn't a luxury—it's a necessity. Dr Elke Geraerts offers the strategies and mindset shifts that help teams adapt, perform, and stay well, even under pressure.

Better Minds at Work: A Global Impact

Through Better Minds at Work, Dr Elke Geraerts has created a movement that's reshaping workplace culture. From multinationals to start-ups, her team partners with organisations across the globe to deliver training, coaching, and leadership development rooted in resilience. This consultancy reflects Elke's belief that mental resilience is not just an individual responsibility—it's a shared cultural value. By addressing systemic challenges like burnout, distraction, and disengagement, she equips companies with tools to foster more resilient and energised workforces. Elke's own experience building a high-performing, science-driven consultancy adds authenticity to her messages. She understands what leaders and HR teams are up against—and offers real solutions that scale.

Bestselling Author, Thought Leader and Keynote Speaker

Dr Elke Geraerts is also a prolific author, and her books have become global resources for mental wellbeing. Her bestseller *Mentaal Kapitaal* (translated internationally as *Better Minds*) has reached its fifteenth edition, a testament to its relevance and impact. The book has also been released in English and Chinese, expanding its global footprint. Her other titles—*The New Mental*, *Authentic Intelligence*, *The Mental Reset*, and most recently, *Focus is the New Gold*—have established her as a thought leader on the future of mental performance. These books reinforce her message: resilience is a muscle, and it can be trained. Her writing combines clarity with depth, making advanced psychological concepts usable in day-to-day life. Business leaders, educators, and policy makers alike turn to her work for insights on building stronger, healthier, more productive people.

A Global Speaker with a Universal Message

From Sydney to Stockholm and Singapore to Cape Town, Dr Elke Geraerts has inspired audiences worldwide. Her message resonates because it is universal—every professional, regardless of industry, needs the tools to manage stress, stay focused, and maintain clarity in chaos. Whether she's speaking to executives, HR leaders, or entire organisations, Elke's storytelling is compelling and highly relevant. She customises her talks to align with her audience's specific challenges—whether it's hybrid work, digital overload, or building a high-trust culture. Event organisers praise her not only for her content but also for the energy and empathy she brings to the stage. She doesn't just present research; she connects, challenges, and energises.

Dr Elke Geraerts' Keynote Topics That Drive Transformation

Dr Elke Geraerts delivers talks that are not just memorable but transformative. Her most requested keynote topics include:

- **Mental Resilience in Times of Change**: How to adapt and thrive in fast-changing environments
- **Focus is the New Gold**: Techniques to reclaim attention and drive deep work
- **The New Mental**: Upgrading your mental software for today's digital age
- **Authentic Intelligence**: Combining emotional intelligence with psychological strength
- **The Mental Reset**: Tools for post-crisis recovery and long-term wellbeing

Each talk combines storytelling, science, and strategy. The result is a lasting impact on mindset, performance, and team culture.

Why Dr Elke Geraerts is Ideal for Corporate Events

For corporate event planners, Dr Elke Geraerts offers the rare combination of inspiration and substance. Her keynotes are rooted in decades of research but delivered with clarity and charisma. She connects across industries and job roles, ensuring your entire audience walks away with applicable insights. Her understanding of modern workplace dynamics, combined with her scientific background, makes her a credible and captivating speaker for executive summits, leadership events, and employee wellbeing initiatives. Whether you're planning a company-wide kickoff, a high-level retreat, or a future-of-work forum, Dr Elke Geraerts brings authority, warmth, and practical value to the stage. Contact us for the next steps.