



**Dee O'Neill**

Speaker | Author | Coach

Licensed Professional Counselor

Board Certified Fellow in Neurofeedback

Cogmed Working Memory Qualified Coach

Licensed HeartMath Certified Trainer

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## Topics

### **Wired for Wonder:**

#### **Harnessing the Brain Science of Awe and Wonder to Optimize Your Resilience to Stress and Maximize Performance**

What is your brain wired for? Where does your mind go when left to its own devices? Stress, worry, and status quo? Or happiness, joy, even awe? Using what we know and applying it to life and work allows the communities of people we serve to benefit from this growing body of scientific knowledge.

Awe and wonder have seemed to be a mystery historically, aligned more with highly unusual or rare experiences. Recent findings highlight that awe is a fundamental human emotion. We are learning that not only do humans naturally experience awe but that we are, in all likelihood, wired to do so. This means we can improve upon and increase the awe in our lives and in the lives of our communities. The positive effects are vast for personal lives and for advancing the causes and strategic objectives of organizations.

### **Learner Outcomes:**

- Explore how the mindset of wonder and the resulting experience of awe can be transformative
- Expand knowledge on how awe benefits psychology and physiology
- Experience more awe personally and professionally, shifting from awe-deprived to awe-inspired

### **Wired for Wonder:**

#### **Harnessing the Brain Science of Awe and Wonder to Optimize Your Resilience to Stress and Maximize Performance**

In her interactive and conversational keynote speaking engagements, Dee engages participants in fun, interesting, and inspiring ways to enhance learning and adoption of insights gleaned from her book "Brain BASICS."

### **Learner Outcomes:**

- Explore what defines a "fit brain" and why is it so important for overall health and wellbeing
- Expand knowledge on how advances in brain assessments such as brain mapping can show areas of strength as well as areas for improvement, including brain wave patterns of depression, stress, insomnia, head injury, etc
- Experience interventions that can help improve brain health and fitness at any age



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## Topics

### **Wired for Work:**

**Translating the brain science of wellness and awe to harness a brain healthy workplace: Your Brain is Your Competitive Advantage**

People show up at work at their best when their body and brain are functioning in their optimal range. What if there were simple tools, strategies, and resources that could be implemented in the workplace to enhance staff professionally, but also personally? In this talk, Dee will share actionable ways to maximize performance and results, particularly in team connection and collaboration.

### **Learner Outcomes:**

- Explore how easily our brains are impacted by lifestyle factors, stress, and burnout
- Expand knowledge on practical tools, strategies, resources available to enhance performance
- Experience improved collaboration and teamwork with deeper understanding of brain science



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**Profile**

Dee is a Licensed Professional Counselor in Texas. Dee is trained in the Results Systems Coaching Model and is a graduate of Fielding University's Evidence Based Coaching Certification Program. She is a Board-Certified Associate Fellow in Neurofeedback (BCN) by the Biofeedback Certification International Alliance (BCIA). Neurofeedback is a specialized EEG-Guided biofeedback. She is a member of the American Psychological Association (APA), the International Society for Neurofeedback and Research (ISNR), and the Mid Atlantic Society for Biofeedback and Behavioral Medicine.

Dee has specialized training and experience in neuroscience and consults on many areas of counseling and coaching, psychology, general brain fitness, and neurotherapy. Dee graduated from Chaminade University of Honolulu in 2001 with a master's degree in Counseling Psychology, with a specialization in Marriage and Family Therapy. Her undergraduate work was in Human Health and Exercise Science at the University of Hawaii.

Dee has worked for more than eight years in a variety of mental health settings to provide support services to families, as well as individuals with developmental disabilities and neuropsychological concerns. Past training and experience include working with Victor Valcour, MD, and Pamela Poff, PhD, on the "Memory Study," a project of the University of Hawaii NeuroAIDS Specialized Neuroscience Research Program (NINDS, NIH), and an HIV-related dementia research study. She has an extensive background in conducting testing for neuropsychological assessments with children, adolescents, and adults with a wide variety of neurodevelopmental disorders, attention and learning disorders, psychiatric problems, neurological difficulties, conduct problems, and personality disorders. Dee worked closely with neuropsychologist and mentor William R. Stixrud, PhD, and Robb Mapou, PhD, in Silver Spring, Maryland. She is also certified through Dr. Stixrud's "Strategies That Work" Tutor Training Program.

Dee was a research coordinator in traumatic brain injury research with the Neuroscience Research Center of the National Rehabilitation Hospital in Washington, DC, coordinating research projects with William Garmoe, PhD, and Tresa Roebuck-Spencer, PhD.

A sampling of speaking: TEDX - <https://www.youtube.com/watch?v=8Q2aPmNdhI8>

YouTube Playlist - <https://www.youtube.com/playlist?list=PLgA5Gz2soGKi49LaoyWkW6paDc3Pdx-SK>