



Communication Expert

Dr. med. Franz Sperlich is a physician and expert in applied neuroscience.

He graduated from the WHO Centre for Traditional Medicine at the University of Milan and holds a Master's degree in "Complementary Medicine, Cultural Studies and Healing" from Viadrina University. Here he developed Narrative Mentoring®. Complementing his medical studies at the Hanover Medical School, he researched the topic of attention in the USA and completed his doctorate in this field.

Today, Dr. med. Franz Sperlich works on this basis as a doctor in his private practice for integrative medicine in the Gesundheitsvilla in Lilienthal near Bremen. His practice specialises in scientifically based and naturopathically proven treatments and holistic health maintenance. He works as a trainer/coach on the topic of the brain, emotions and healthy self-leadership and gives lectures internationally. His vision is to provide people with a sustainable basis for their vitality.

In his trainings, Dr Sperlich combines modern findings of brain research with practical leadership strategies geared towards maintaining health and performance. Since 2018, he has been offering training specifically on emotions together with EQTing GmbH.

As an expert in applied neuroscience, Dr Sperlich is active as a scientific advisor and speaker for various national and international societies and companies. As a sought-after keynote speaker, he regularly gives captivating talks on current topics in the areas of leadership, emotions, health and self-control. Find out what potential can be derived from the latest research findings in neuroscience for you and your success and how you can implement them in your everyday life in a goal-oriented way.

Topics (Selection):

- Neuro Emotional Management
- Personal Life Balance
- Healthy Self-Management
- Digital Transformation