



Neuro-Scientist

Expert on Motivation, on Health- and Self-Management

Prof. Dr Volker Busch has been working as a neuroscientist, doctor and speaker for more than a decade and therefore know how demanding digital life and work can be for our brain. In a world that is spinning faster and fast, he shows us how to stay focused and productive – and healthy.

Prof. Volker Busch is a specialist in neurology as well as a specialist in psychiatry and psychotherapy at the University of Regensburg. There he heads the scientific working group "Psychosocial Stress and Pain" and researches the psychophysiological connections between stress, pain and emotions.

He has published numerous papers on his research topics and completed his habilitation in this field. He is active as a reviewer for various specialist journals and is a member of the "Neuroscience Society". Several additional medical qualifications and specialist teacher training in the areas of stress, pain, sports and nutrition medicine make him a sought-after expert.

For his work, Volker Busch received the ReFromA research grant from the University of Regensburg in 2004 and the Wolfram Förderpreis Deutschland for basic neurophysiological research on stress and pain in 2008.

As a keynote speaker, Volker Busch communicates innovative methods for health and stress prevention, performance maintenance, motivation and inspiration in work and everyday life on a neuroscientific and psychological basis. In his keynotes he shows how to lead a brain-friendly life.

Topics (Selection):

- Brain under Power - Dealing with Digital Stress
- The Motivation Myth
- Designing Change Processes - Three steps to brain-friendly employee motivation
- Head or gut? - Making the right decisions in times of Big Data
- Courage is feasible! - Gaining hope and confidence in uncertain times
- Strong and stable through the crisis - How to reduce stress and stay mentally healthy
- Optimise your brain - The smart use of home office and digital work