



BEHAVIOURAL SCIENTIST

THE ROLE OF A BEHAVIOURAL SCIENTIST IS TO UNDERSTAND AND PREDICT HUMAN BEHAVIOUR IN THE DELIVERY AND RECEIPT OF INFORMATION



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INTRODUCTION



Milo Wilkinson is more than a Behavioural Scientist. She is a decipherer of human patterns, a master of leadership under pressure, and a trailblazer in the world of behavioural prediction.

As an esteemed Behavioural Scientist, a sought-after criminal profiler, and a high-performance coach in both the sporting and corporate worlds, Milo boasts an unparalleled perspective on predictive human behaviour. Her wealth of experience spans a diverse cross-section of society, from the boardrooms of multinational corporations and locker rooms of elite sports teams to the inner workings of the criminal mind, narcissists, psychopaths and everyone in between.

Milo's academic foundation is equally impressive. She holds seven degrees in cognitive and clinical neurosciences, criminal sciences, psychology, and psychotherapy. Her extensive and diverse academic background offers a powerful testament to her commitment to her craft. In a ground-breaking collaboration with Harvard University's Neuroscience Department, Milo recently completed a world-first co-design project, delving into the uncharted territories of the unconscious brain. Her reputation as a Peak Performance Behavioural Scientist has also been fortified by her work with renowned sporting teams around the globe.

MILO IS A GLOBALLY RECOGNISED BEHAVIOURAL SCIENTIST WHOSE COMPELLING WORK UNFOLDS AT THE CAPTIVATING INTERSECTION OF BEHAVIOURAL PATTERNS, CRISIS LEADERSHIP, DECODING AND PREDICTING HUMAN BEHAVIOURAL ANALYTICS.

TOPIC 1: DEFINING MOMENTS

The content for this session will explore why certain brief experiences can jolt us and elevate us and how we can learn to create such extraordinary moments in our life and work. This session will help participants discover the psychology of what defines a memorable 'experience' and why we can remember a peak experience up to 20 years later.

In a world full of challenges, we tend to feel most comfortable when things are certain but we can learn to feel most alive when they are not. We will work on the concept of 'breaking the script' and influencing our own lives and the lives of those around us every single time.

Duration: Keynote only = 50 minutes and or workshop where they will define their very own moment for their customers or themselves = 2hrs

"Best speaker at the conference- absolutely incredible"
- Employee Engagement Summit





TOPIC 2: BRAIN 101: MENTAL AGILITY = RESILIENCE

Delve into the fascinating world of neuroscience and unravel the profound mysteries of your own mind in my keynote, 'Brain 101: Mental Agility = Resilience.' Despite all of us having a brain, only a handful truly comprehend its capabilities, necessities, and the secret to unlocking its peak performance. This presentation is set to change that.

Engage in an exciting journey to discover your primal brain - the 'engine room' of your consciousness that silently influences over 90% of your decision making. Far from a traditional keynote, this session places you at the heart of the discovery process through an extraordinary real-world 'experiment.' You will be led through a series of experiences and insights that will make you question the power of your own mind and your own perception of reality.

During this highly interactive session, we will shed light on the operations of the subconscious mind, revealing how its primal instincts and patterns shape our daily lives, decisions, and overall resilience. We will also explore practical strategies to hone your mental agility, a key factor in fostering resilience and achieving personal and professional success. This keynote will provide you with a unique blend of science, discovery, and practical applications, leading you to a deeper understanding of yourself and your limitless potential.

"First speaker we have ever had that scored a perfect 10/10 from all delegates" - CEO Summit

TOPIC 3: HARDWIRED FOR CHANGE: THE HUMAN CAPACITY TO ADAPT AND TRANSFORM



Challenge the norms, question the status quo, and step into the paradox of human adaptability!

This provocative exploration confronts the long-held belief that humans resist change, instead proposing an alternative reality – what if we are, in fact, naturally inclined to adapt and evolve?

Does merely considering this question unsettle your established beliefs or challenge your existing knowledge? What if the real fear isn't change itself but the potential loss that the change might represent?

In this enlightening keynote, we dive deep into the physiology, neurology, and psychology of change. We dissect our physical capability to regenerate and adapt, explore the neurological underpinnings of our response to change, and delve into the psychological aspects of our perceived resistance to it. Through this comprehensive approach, I aim to unravel the true essence of our relationship with change.

Join me as I debunk myths, shatter misconceptions, and discover our innate ability to embrace change.

This keynote is not merely a presentation; it's a journey to rediscovering our inherent adaptability and resilience. So, are you ready to embrace the truth of your evolutionary journey?

TOPIC 4: GENERATIONAL LEADERSHIP: EMBRACING AGE DIVERSITY IN THE MODERN WORKFORCE

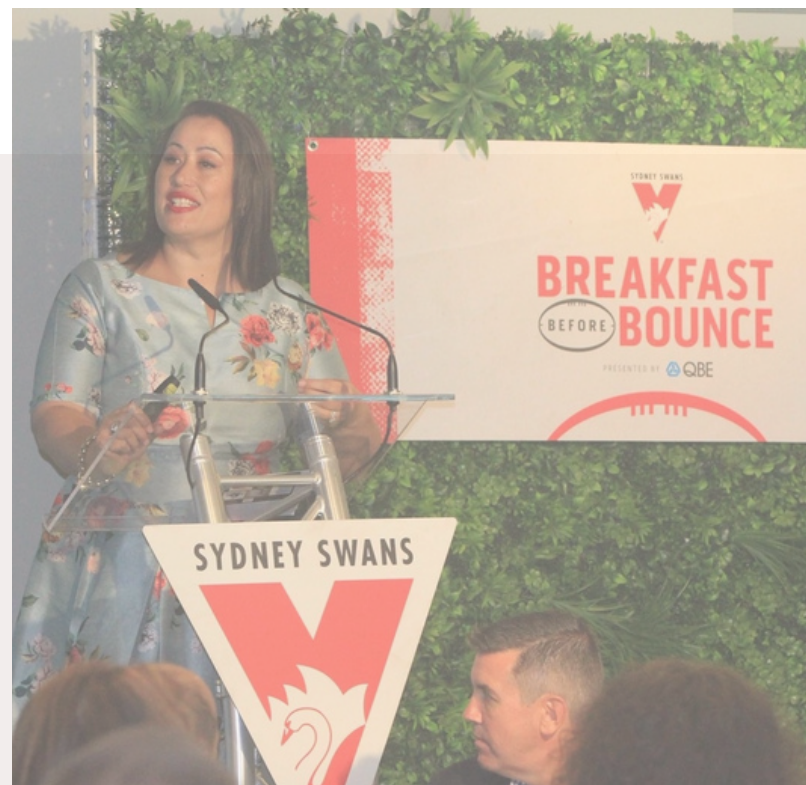
Generational identity, though often overlooked, plays a significant role in shaping our experiences, perspectives, and interactions in the workplace. Like an invisible hand, the era in which we were born influences our world views, social trends understanding, economic realities, behavioural norms, and interpretations of leadership.

Today, five distinct generations coexist in the workforce. A rapidly evolving landscape, where approximately 40% of us report to younger managers, and the power dynamics are increasingly shifting towards youth, largely driven by Digital Intelligence (DQ). From fledgeling startups to global giants, young digital leaders are reshaping the contours of leadership, yet we often expect them to instinctively grasp the relational wisdom that their older counterparts have spent years mastering.

This keynote delves into the complex interplay between generational diversity and leadership. We'll examine evidence demonstrating that gender, ethnic, and age diversity contribute significantly to an organisation's success. However, we'll also confront the challenging realities of age diversity, exploring strategies to navigate and leverage these differences effectively. By understanding and appreciating the unique strengths, perspectives, and challenges each generation brings to the table, we can foster more inclusive, productive, and dynamic workplaces.

Get ready to debunk age-related stereotypes, challenge your assumptions, and discover the transformative potential of generational leadership.

"I have never seen anything like the content she talks about and I will never forget it" - Employee Engagement Summit



TOPIC 5: PSYCHOLOGICAL SAFETY: THE INVISIBLE LINCHPIN OF WORKPLACE SUCCESS



In an era where human resources are increasingly recognised as the most valuable organisational assets, understanding the critical role of psychological safety is paramount.

We all need to feel safe to be our authentic selves, voice our thoughts, and make mistakes without fear of punishment. But where does this intrinsic need for safety stem from, and why has it become particularly crucial in today's workplaces?


This keynote presentation aims to answer these pressing questions by delving into the roots of our need for psychological safety, we'll unravel the subtle yet profound impact it has on creativity, innovation, productivity, and employee well-being. Our exploration will extend to how the changing nature of work, the rise of knowledge economies, and shifting societal norms have amplified the importance of fostering psychologically safe environments.

In this enlightening keynote, you will not only gain a robust understanding of the concept and its implications, but you will also walk away with:

1. A clear roadmap for fostering a psychologically safe environment in your own workplace.
2. Practical strategies for enhancing your personal sense of psychological safety.
3. Insights into how to leverage psychological safety to boost team productivity, innovation, and engagement.

Embark on this journey and uncover the silent force that drives thriving workplaces.

Are you ready to lead the shift towards psychological safety? Join us and set the stage for exceptional organisational performance.



TOPIC 6: UNDERSTANDING SELF / UNDERSTANDING OTHERS

Using a criminal and behavioural profiling tool, we look into the four quadrants of the brain and their functions. This is a powerful tool to understand how we communicate, what drives the way we think and how directly and personally we interact with others when we are happy and how drastically this may change when we are stressed.

The tools we use focuses on showing people how to use their whole brain—not just the parts with which they feel most comfortable. It is scientifically designed to help people learn to think better and is widely used as a draft recruitment tool across global elite sporting teams.

By identifying your preferred approach to emotional, analytical, structural and strategic thinking, the session is a catalyst for inspiring individual, team and organisational development, promoting more effective thinking and driving innovation.

Over two-million people have undergone this form of analysis worldwide, and it's used by nine out of ten Fortune 100 companies.

*"Provoking, dynamic and
entertaining performance with
interactive storytelling and
humor"*

- Women in Leadership Summit

TOPIC 7: TRUST MATTERS: UNRAVELING THE PSYCHOLOGY OF TRUST IN RELATIONSHIPS AND BEYOND



Dive into a profound exploration of one of the most vital elements in human relationships: trust. My keynote offers a compelling journey into the underpinnings, significance, and practical aspects of trust in both professional and personal contexts.

Trust, a seemingly simple concept, plays a foundational role in our lives. It is the invisible glue that holds relationships together and the catalyst that facilitates collaboration, mutual respect, and shared understanding. But where does it originate, and why is it such a critical component in our relationships?

In this illuminating keynote, we will delve into the origins of trust, its psychological underpinnings, and its powerful impact on our interactions. We navigate the subtle complexities of building trust, enhancing existing trusting relationships, and – crucially – recovering trust when it has been damaged.

Addressing these and more nuanced aspects, we promise to provide you with:

1. A comprehensive understanding of the psychology of trust, tracing its roots and its role in our lives.
2. Practical strategies for building and nurturing trust in various contexts, from the boardroom to the living room.
3. Actionable insights on how to restore trust once it has been broken, fostering healing, and reinstating productive interactions.

By the end of this keynote, you will be equipped with a greater understanding of trust's role and the tools to harness its power, creating more trusting, productive, and meaningful relationships in all areas of your life.

It's an opportunity to reassess, rediscover, and reinvigorate the trust you place in others and the trust you inspire. Are you ready to make trust a strength?

TOPIC 8: THE NEUROSCIENCE AND PSYCHOLOGY OF SUCCESSFUL RELATIONSHIPS



Step behind the curtain and gain an insightful glimpse into the world of couples therapy. Drawing on both neuroscience and psychology, this session explores the complex dynamics that underpin couples' relationships and the characteristics that make a stronger partner and a more successful pair.

This keynote offers a rare, candid look at the inner workings of couples' therapy. We delve into the compelling reasons that drive couples to therapy and offer practical advice for recognising and addressing the signs of work needed in relationships. Drawing from real-life cases, we explore the principles and strategies used by therapists to foster healthier, happier relationships.

Attendees will walk away with:

1. A profound understanding of the neurological and psychological facets of successful relationships.
2. Insight into common reasons couples seek therapy and an enhanced ability to recognise signs of potential relationship issues.
3. Practical strategies and tips for enhancing their own relationships, inspired by therapeutic principles.
4. A stronger understanding of what it takes to be a more empathetic, supportive, and resilient partner.

"Diary of a Therapist" is not just a keynote – it's an intimate journey into the complex landscape of human relationships.

TOPIC 9: MIND-READING FOR THE MODERN WORLD: NAVIGATING THE INTRICACIES OF HUMAN UNDERSTANDING



This session takes you on a journey into the labyrinth of the human mind as we attempt to decipher why people behave the way they do.

What does it take to truly understand another individual's thoughts, emotions, or personality traits?

This captivating session reveals a fascinating insight: our understanding of others often begins with self-understanding. We use our own thoughts and emotions as a springboard, projecting them onto others to make sense of their behavior. But what happens when people's perspectives differ significantly from our own?

While this mental projection is a powerful tool for comprehension, it's not without its pitfalls. We'll unravel these potential obstacles, diving into cognitive phenomena such as the false consensus effect, the curse of knowledge, and the challenges of perspective-taking.

In this intriguing keynote, you will:

1. Gain a deeper understanding of the 'mind-reading' ability intrinsic to human cognition.
2. Discover the fascinating neuroscience behind how we understand our own and others' thoughts and behaviors.
3. Learn about the common cognitive biases that can hinder our understanding of others and how to navigate them.

"Mind-Reading for the Modern World" is not just a keynote—it's a journey into the heart of human cognition. It's an opportunity to shed light on the mystifying process of understanding others and, in doing so, improve our own interpersonal relationships. Are you ready to unlock the secrets of the human mind?

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