

Body > Mind: How the Way We Move, Breathe, and Carry Ourselves Changes Everything

In high-performance environments—whether in sales, R&D, operations, or client strategy—we tend to rely on mental discipline to stay focused, persuasive, and adaptable. But the science is clear: how we use our body directly shapes how we think, feel, and interact. Amy Cuddy draws on two decades of research across psychology, neuroscience, and physiology to show that posture, breath, movement, and vocal tone regulate neural activity in the brain regions responsible for attention, emotion, memory, and decision-making. These aren't hacks or habits—they're pathways into clarity, calm, and presence. This talk offers a powerful, science-based framework for using the body as a tool for better thinking, communication, and resilience—across roles and industries.

In this talk, Amy explores:

- How upright, open posture activates brain networks linked to confidence, creativity, and cognitive flexibility
- Why slow, steady breathing can calm the amygdala and improve focus under pressure
- How small changes in gait, gesture, and vocal tone influence not just how others perceive us—but how we perceive ourselves
- The neuroscience behind why movement—especially rhythmic or synchronized movement—improves memory, social connection, and problem-solving
- Practical, research-backed strategies for using the body to manage anxiety, prepare for high-stakes interactions, and recover cognitive clarity in moments of overload