

SONJA PEMBERTON

NEUROCONSCIOUS™ STRATEGIST

MEDIA HIGHLIGHTS

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The Neuroscience of Workplace Change

In the current business climate of uncertainty, organizations face complex situations requiring decisions that impact the employee experience and the organization's fiscal health. From prioritizing business objectives to reimagining work environments, the mental stamina needed to complete daily responsibilities can mentally fatigue employees at all levels, affecting peak performance.

Many believe change is the culprit, but it's not. It's how our brain processes it. We all know that change is the only constant in life, but unfortunately, our brains are naturally adverse. The good news is that we can mitigate this instinctual response.

In *The Neuroscience of Workplace Change: Future-Proof Your Organization to Thrive in Uncertainty*, Sonja Pemberton, a NeuroConscious™ Strategist, certified in brain-based methodologies and trusted by C-suite leaders from startups to Fortune 100 companies, shares a brain-friendly framework for mitigating the impact of uncertainty. Understanding the essential elements needed for successful change initiatives allows organizations to curate an environment that fosters adaptability, cognitive stamina, sustainable behavioral change, and overall well-being.

To discuss how your organization can thrive in a climate of uncertainty, [schedule a call.](#)



 [sonjapemberton](#)

Common Client Reviews...



“ Sonja is a powerful presence in front of the room and has a way of sharing her topic such that people get it, instantly. There is not a lot of fluff in Sonja's presentation style, but loads of impact. She is fun, playful, truthful, and serious all at the same time. My audience fell in love with her, yours will too!

Darla LeDoux, CEO, Sourced



“ Sonja exceeded our expectations, taking us on an exhilarating journey through our experiences, assumptions, and behaviors. We came to the other side wiser, humbler, and stronger for being with her. Can't wait to hear Sonja again!

*Samir Selmanovic, PhD, PCC
The Common Good Coalition*