

Wired *for* More

SPEAKING & TRAINING · AMSTERDAM · 2026

NEUROSCIENCE-INFORMED TRAINING FOR THE WOMEN IN YOUR
ORGANISATION

Your brain
built this life.
Now rebuild it.

A talk, a masterclass, and a deep-dive workshop, each grounded in peer-reviewed science, for women navigating careers, identity shifts, and the next version of themselves.

MORGAINÉ EL-MAHDI

What is inside.

A complete view of the speaking and training on offer, prepared for the people who bring learning to the women in their organisations. The overview comes first; the detail follows.

0 1	Why this works in your organisation	0 3
	The problem with the session that inspires on Friday	
0 2	Who delivers it	0 4
	Morgaine El-Mahdi, behavioural scientist and trainer	
0 3	Three formats	0 5
	Talk, masterclass, and deep-dive, and who each is for	
0 4	The Neuroscience of Reinvention	0 6
	The talk and masterclass, in detail	
0 5	Four deep-dive themes	0 7
	Reality, identity, environment, and fear	
0 6	The investment	0 9
	Formats, pricing, and how bookings are timed	
0 7	Recent voices	1 0
	From the talks and sessions this work is built on	
0 8	How we start	1 1
	From your enquiry to a proposal that fits	

The session that inspires on Friday is *gone by Monday*.

Most speakers leave a room feeling good and little else. The energy fades, the notebook closes, and nothing in the week that follows actually changes.

This is different, because it is built on how the brain forms and breaks patterns. Every format explains the science plainly, then puts a concrete tool in each participant's hands: something they can use the next morning, not a feeling they have to hold onto. The women in your organisation leave understanding why their own patterns run the way they do, and with the first practical step toward changing them.

RESEARCH - BACKED

Every claim carries only the weight its evidence supports. No spirituality dressed up as fact.

EXPERIENTIAL

Women learn by doing, not just by listening. The science becomes something they feel.

PORTABLE

Each session ends with a tool that outlives the room and travels into the working week.

Morgaine El-Mahdi.

BEHAVIOURAL SCIENTIST &
NEUROSCIENCE-INFORMED TRAINER

She translates neuroscience into experiential sessions for ambitious women. Her standard is simple and load-bearing: science earns trust. Every claim she teaches carries only the weight its evidence supports, no more.

BSc Psychology (VU Amsterdam) with additional neuroscience coursework, and an MBA in Leadership and Change Management (VU Amsterdam). She spent six years as a behavioural specialist at the City of Amsterdam, where she built and led a leadership programme.

She built this work because she needed it first. What changed her own patterns was not talk alone, but studying the science of the brain seriously and applying the tools on herself. That is what she brings into the room.



One body of science, three depths.

The same neuroscience, sized to the room and to how far you want the group to go. Pricing and how bookings are timed come later, on page nine.

TIER 01

Signature Talk

45 to 60 minutes plus Q&A

An open audience.

A science-first awakening on belief, the inner critic, and identity. Live interaction throughout: women stand, sit, answer, and write. It ends with the first words of a new mantra.

Best for a room ready to be activated, at a conference, a network evening, or a company event.

TIER 02

Masterclass

Two hours, up to 25 women

A smaller, working group.

The three lessons of the talk, now explored through active practice. Learning by doing, not just listening, with a digital handout and one 7-day take-home practice.

Best for a group of women who want to leave with something they can keep practising.

TIER 03

Deep-Dive

Three hours, up to 10 women

An intimate group.

Deep, embodied work on one of four themes, chosen with you in advance. Pre-event alignment, a take-home framework, and a 7-day practice.

Best for a team or circle ready for lasting change on one specific pattern.

The Neuroscience of *Reinvention*.

You experience just 0.0004% of reality. The rest is filtered by a brain showing you exactly what fits the version of you it expects, without ever asking. This session reveals how reality is constructed, through three lessons on belief, the inner critic, and identity as a filter, and ends with the first words of a new mantra.

WHAT THEY EXPERIENCE

The opening hook, the reveal of the brain as a prediction machine, and three lessons: the power of belief, the inner critic is not your friend, and identity as a filter. In the masterclass, each lesson is met with guided practice.

WHAT THEY LEAVE WITH

The "I am someone who..." mantra they wrote, and the science of why practising it begins a new neural pathway. The masterclass adds active practice on each lesson, a digital handout, and one 7-day take-home practice.

WHO IT IS FOR

Ambitious women at a moment of transition who want the science first.

SCIENTIFIC ANCHORS

SIMONS & CHABRIS (1999)

Inattentional blindness: half of viewers miss a gorilla walking through a basketball game.

CRUM ET AL. (2007 TO 2013)

Belief reshapes biology, shown in studies on stress mindset and expectation.

BANDURA (1977)

Self-efficacy: belief in capability predicts performance and persistence.

MARKUS (1977)

Identity operates as a filter, organising what the brain attends to and believes possible.

Built on peer-reviewed research.

Choose the pattern worth an evening.

Each deep-dive takes one theme deep, in a small group, chosen with you in advance. Every theme rests on a body of peer-reviewed work.

01 Master Your Reality

14 SOURCES

The neuroscience of filters and conscious perception

An embodied deep-dive into the filters running quietly behind daily life, and the version of you they have been hiding. For women ready to feel the shift, not just understand it.

SHE LEAVES WITH

A written sketch of who she is becoming, a 7-day take-home practice, and a felt sense of how her own filters operate that intellectual understanding cannot replicate.

Anchors: Simons & Chabris, Blakemore & Cooper, Markus, Hölzel, Hebb, Aston-Jones & Cohen

02 Author Your Self

12 SOURCES

The neuroscience of conscious identity

The neuroscience of identity, built on 40 years of longitudinal research on women who rewrote their story. For women navigating career pivots, role transitions, and who they are becoming.

SHE LEAVES WITH

A complete Identity Design across seven questions, a Pattern Map across five life domains, and a structured take-home challenge.

Anchors: Pals (Mills, 83 women over 40 years), Markus, Oyserman, Michalak, Hershfield

03 Design Your Defaults

14 SOURCES

The neuroscience of how environment shapes behaviour

The neuroscience of how environment quietly shapes roughly 45% of daily behaviour, and how to redesign yours. For women who want lasting change beyond willpower and grit.

SHE LEAVES WITH

A blueprint for her own environment across four domains, three habit stacks for the week ahead, and an if-then plan for one challenging relationship.

Anchors: Wood & Neal (45%), Gollwitzer & Sheeran (94 studies), Christakis & Fowler (57%), Ward, Mertens

04 Move with the Fear

13 SOURCES

The neuroscience of courage and the inner critic

The neuroscience of fear, the patterns of the inner critic, and why exposure builds a competing memory rather than erasing the original fear. For women confronting imposter syndrome or the threshold to a bigger chapter.

SHE LEAVES WITH

A personal fear profile across three layers, a toolkit for the moments fear shows up, and a self-chosen challenge to carry into the week.

Anchors: LeDoux (12ms amygdala), Craske (inhibitory learning), Crum (stress mindset), Rachman, Longe & Gilbert

The talk and masterclass draw on the same science. The deep-dive is where one theme becomes embodied, personal, and practised.

How it works, and how to time it.

Signature Talk

45 to 60 min + Q&A

By proposal

Masterclass

2 hours, up to 25 women

By proposal

Deep-Dive

3 hours, up to 10 women

By proposal

SERIES

Quoted as a series when committing to two or three sessions within six months.

Every session is quoted after a short conversation about your group and your occasion, then confirmed in writing before anything is booked.

TIMING

Corporate calendars fill months ahead. Bookings for International Women's Day in March typically start in the autumn, and internal network moments are usually planned a quarter in advance. Earlier enquiries give the most room to shape the session with you.

GROUP SIZE

From a full room to a small group, by format.

LANGUAGE

English or Dutch.

LOCATION

At your venue, anywhere in the Netherlands.



Voices from the talks and sessions this work is built on, shared with permission.

Morgaine was the absolute highlight of our Sip & Connect event on the Neuroscience of Reinvention. Her talk struck the perfect balance: deeply insightful and backed by real science, but delivered in a way that felt completely accessible and engaging. Everyone left feeling inspired and ready to put her advice into action.

LAURA SMYTH • CEO, FOUNDER

She has a remarkable ability to translate complex concepts into clear, engaging insights that resonate with a wide audience. What stood out equally was her authenticity and passion: deep expertise combined with resilience and a genuine commitment to her field.

GIULIA TORRE • TALENT
MANAGEMENT DIRECTOR,
SANDOZ

What stood out most was her ability to connect science with empathy and charisma, making the session both engaging and inspiring.

ISABEL ALARCÓN •
COMMERCIAL STRATEGY &
CHANGE MANAGEMENT
PROFESSIONAL, EMBA

Morgaine is such a practical and inspiring professional. Her master talk about the neuroscience of reinvention was enlightening and truly relatable.

MERLENE DAGUERRE REZK
• CORPORATE
COMMUNICATIONS
STRATEGIST

From enquiry to a session that fits.

- 1** You tell me about the room

A short note: the group, the occasion, roughly when, and what you want them to walk out with.

- 2** A reply within five business days

A real response from me, not an automated one.

- 3** A short call

Fifteen minutes to align on the format, the theme, and the fit. No pressure, no script.

- 4** A proposal that fits

A clear proposal shaped to your group and moment. Every session is tailored; nothing is off the shelf.

Enquiring commits you to nothing. It simply starts a conversation.

NEXT STEP

Bring the science into *your rooms*.

Tell me about the women you want to reach, and I will shape a talk, masterclass, or deep-dive around them.

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ONLINE

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Looking for lasting change across a whole team, rather than a single session? The Rewire Method is a five-session corporate programme, one click away at wiredformore.nl.