

### **What is your biggest achievement to date — personal or professional?**

I took on the biggest professional challenge when I quit my role as Learning Director to study Neuroscience and how the brain learns in order to bring the way we learn, design and deliver to a much needed next level of learning. Starting with two of the most difficult institutions, having no prior knowledge, was one of the hardest learning challenges I've had to date.

It also proved to be my biggest achievement, as the knowledge of how the brain learns, is invaluable to the work we do as L&D professionals.

### **How can you help other I4PL members?**

I really want to give back to our amazing community of educators. I've done all the hard stuff, and now have the ability to translate the science into practical tips and tools and I'm dying to share and transfer my knowledge to those who can use it practically and immediately. I'll always be up to date on the latest research around the topic of Neuroscience as it relates to learning, and so happy to be the middle man between the really scientific/technical to the hands on practical!

### **How can other I4PL members help you?**

Spread the word! I'd really like to bring workshops to the places in which our communities work in order to start educating on the learning brain. Being a niche consultant, as there really aren't many certified in both Neuroscience and L&D, I really need to help getting the word out, that learning is evolving, and who would have guessed it? It all begins with knowing more about our brains!

### **Bio**

Lauren Waldman is a curiosity seeker with a deep desire to learn, share, help and laugh.

From Lauren's start as a certified international teacher of language, to her ever-growing collection of degrees, certificates and professional accolades, it's her infectious ability to bring people into her world of curiosity and possibility, which has gained her success.

A trainer, designer, facilitator, speaker, mentor, coach, and self-proclaimed pirate, she takes you on your own guided learning journey. Lauren creates with you, epic learning adventures and solutions, drawing on her 16 years of professional

experience that spans the globe, industries, on land and at sea, and even sometimes in the air!

She taps into the science, and fun of learning, while maintaining a sharp approach with intense dedication to the success of others. Her current focus in the studies of neuroscience and how the brain learns, has played an eminent role in helping individuals and corporations navigate through the creation of what she calls "Learning Legacies." These studies have also given rise to strategies relevant to the confusions and challenges, of the current cross generational workforce.

Lauren is a CTDP (Certified Training and Development Professional), has certification in the Fundamentals of Neuroscience (Harvard), has recently completed a certificate in Medical Neuroscience (Duke), is Designated Communication Coach and Trainer, and is an advisory board member of the NCCA (National Communication Coaching Association of Canada).