

Speaking Topics

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The following six talks draw on 40 years of clinical and research experience at the forefront of neuroscience. Each is designed to be engaging, evidence-based, and immediately actionable, and can be tailored in length and focus to the needs of any audience.

Talk 1

You Are Smarter Than You Think: The Science of a Bigger, Better Brain

What Is Covered

- How the brain grows new neurons and connections throughout life
- The five pillars of brain health: exercise, diet, sleep, stress management, and mental engagement
- Why cognitive decline is not inevitable and what the science says about reversing it
- How lifestyle choices directly reshape brain structure in measurable ways
- The role of neuroplasticity in learning, creativity, and resilience
- Simple daily habits with the greatest proven impact on long-term brain function

Overview

Most people assume that aging means losing brain cells and cognitive sharpness without any way to fight back. The science tells a very different story. Research from Harvard, Johns Hopkins, and major medical centers around the world has confirmed that the human brain retains its ability to grow, adapt, and strengthen well into later decades of life. This talk draws on decades of neuroscience research and the author's clinical experience to show that the brain is not a fixed organ but a dynamic, responsive system that responds powerfully to the choices we make each day.

Attendees learn why the hippocampus, the brain's memory and learning center, can actually grow in volume with targeted lifestyle interventions, and how brain imaging now allows scientists to

measure those changes directly. The talk weaves together compelling patient stories with cutting-edge research to make the neuroscience of neuroplasticity feel personal, urgent, and immediately actionable. By the end, audiences understand not just the science but exactly what to do with it.

Actionable Outcomes

- Identify the five most evidence-based lifestyle habits that support brain growth
- Understand why cognitive decline is not a foregone conclusion and how to interrupt its trajectory
- Build a personal brain health plan based on each pillar of the framework
- Recognize early warning signs of cognitive vulnerability and respond proactively
- Communicate the science of neuroplasticity clearly to family members and colleagues

Audience Takeaway

The brain is not a fixed organ that wears out with time. It is a living, adaptable system that responds to how we live. You have far more control over your cognitive future than you have been led to believe, and the decisions you make today are already shaping the brain you will have tomorrow.

Best Audience for This Talk

Corporate wellness programs, executive leadership audiences, continuing medical education events, associations serving adults over 40, health systems, insurance companies, and general public health conferences.

Talk 2

Use AI Wisely, or Your Brain Pays the Price

What Is Covered

- How over-reliance on AI tools is quietly eroding critical thinking and memory formation
- The neuroscience of cognitive offloading and what happens when we stop doing hard thinking
- What brain imaging reveals about attention, distraction, and digital overload
- The difference between AI as a tool that enhances the mind and AI as a crutch that weakens it
- Practical strategies for maintaining cognitive fitness in a technology-saturated environment
- How leaders, professionals, and educators can set healthy boundaries with AI

Overview

Artificial intelligence is transforming how we work, learn, and make decisions, but few conversations address what it is doing to the organ we use to think. Emerging research in cognitive neuroscience shows that when we routinely offload mental effort to machines, the neural circuits responsible for memory consolidation, problem-solving, and creative thinking are used less and may weaken over time. This talk examines the neurological consequences of living and working in an era of instant AI answers, and makes the case that how we use AI matters as much as whether we use it.

Drawing on brain imaging studies, behavioral research, and clinical insights, this talk offers a nuanced and forward-looking perspective on human-AI interaction. It is not a warning against technology but a call for deliberate and brain-healthy engagement with it. Audiences leave with a framework for distinguishing between AI use that supports deeper thinking and AI use that substitutes for it, along with concrete tools for protecting their cognitive edge in a world increasingly shaped by automation.

Actionable Outcomes

- Understand the neurological mechanism by which passive AI use can reduce cognitive sharpness over time
- Distinguish between AI use that enhances cognition and AI use that replaces it
- Apply a simple decision framework for when to rely on AI and when to exercise the brain independently
- Design daily work habits that protect attention, memory, and analytical thinking
- Model and promote brain-healthy technology practices within teams and organizations

Audience Takeaway

AI can make us faster and more efficient, but it can also make us mentally weaker if we let it do our thinking for us. The professionals who will thrive in the coming decade are those who use AI as a partner for the mind, not a replacement for it.

Best Audience for This Talk

Corporate executives and leadership teams, technology companies, human resources and talent development professionals, educators, healthcare administrators, and conferences focused on the future of work.

The Invincible Brain: What Science Tells Us About Alzheimer's Prevention

What Is Covered

- The difference between normal age-related memory changes and early Alzheimer's disease
- What decades of research reveal about the modifiable risk factors for Alzheimer's
- How multimodal lifestyle interventions compare to drug therapies in clinical trial outcomes
- The role of sleep, stress, diet, and cardiovascular fitness in protecting the aging brain
- Why early detection and early action are the most powerful tools we have
- New biomarkers and imaging advances that are changing how Alzheimer's is identified and tracked

Overview

Alzheimer's disease affects more than six million Americans and tens of millions of people worldwide, yet most people do not realize how much of their risk is within their control. This talk distills four decades of neuroscience and clinical research into an accessible and empowering account of what is known about Alzheimer's prevention. It covers the biological mechanisms of the disease, the strongest evidence for risk reduction, and why the conversation about Alzheimer's needs to shift from treatment to prevention decades earlier in life.

Audiences learn how clinical trials of lifestyle-based interventions have demonstrated measurable improvements in cognitive scores and even changes in brain structure, and how those results compare to the latest generation of pharmaceutical therapies. The talk draws on published research, including the author's own work, as well as patient stories that illustrate the real human stakes of this science. It closes with a clear and hopeful message: the brain has the capacity to resist decline, and we now know enough to act on that knowledge.

Actionable Outcomes

- Distinguish between inevitable aging and preventable cognitive decline
- Identify the top modifiable risk factors for Alzheimer's disease based on current clinical evidence
- Understand the relative strength of lifestyle interventions versus drug therapies in clinical trials
- Create a personal or organizational framework for Alzheimer's prevention education
- Recognize when memory concerns warrant clinical evaluation and what that evaluation involves
- Share evidence-based prevention strategies with patients, employees, or family members

Audience Takeaway

Alzheimer's is not a destiny written in our genes. It is a disease with identifiable risk factors, many of them modifiable, and a growing body of evidence that the right lifestyle choices begun early enough can delay or in some cases prevent its onset entirely.

Best Audience for This Talk

Healthcare systems and hospitals, medical associations, senior living organizations, caregiver support communities, insurance companies, employers with aging workforces, and advocacy organizations focused on aging and brain health.

Talk 4

Peak Brain Performance: A Neuroscience Blueprint for High Achievers

What Is Covered

- How elite cognitive performance is built and maintained at a neurological level
- The science of focus, flow states, and sustained attention in demanding work environments
- How sleep architecture affects executive function, decision-making, and creative problem-solving
- The neuroscience of stress: when it sharpens performance and when it destroys it
- Brain-based strategies for managing information overload and cognitive fatigue
- How nutrition and movement directly influence mental energy, mood, and output

Overview

High-performing professionals are increasingly expected to produce more, think faster, and sustain focus longer, often with less sleep, more stress, and constant digital distraction than any previous generation of workers. This talk applies the neuroscience of peak performance directly to the challenges facing leaders, entrepreneurs, clinicians, and executives. It goes beyond generic wellness advice to explain exactly what is happening in the brain during high-pressure work and what the science says about optimizing it.

Attendees learn how the prefrontal cortex, the seat of judgment, planning, and emotional regulation, is compromised by sleep deprivation and chronic stress, and how even modest changes in daily habits can measurably restore its function. The talk presents a practical, research-grounded framework for building what neuroscientists call a high-performance brain state, one characterized by sharp focus, effective emotional regulation, and the cognitive flexibility to navigate complexity without burning out.

Actionable Outcomes

- Understand how the brain's architecture supports or undermines peak cognitive output
- Apply neuroscience-based strategies to improve focus, reduce cognitive fatigue, and enhance decision quality
- Redesign daily routines to protect the brain states required for sustained high performance
- Recognize the early neurological signs of burnout and intervene before they compound
- Build team cultures and work habits that support rather than deplete cognitive resources
- Use sleep, nutrition, and movement intentionally as tools for cognitive optimization

Audience Takeaway

Your brain is your most important professional asset. Understanding how it works, and what it needs to perform at its best, is the single highest-leverage investment a high achiever can make.

Best Audience for This Talk

C-suite executives and senior leadership teams, entrepreneurial communities, law firms, financial services firms, medical and clinical leadership, military and government high-performance programs, and professional associations.

Talk 5

The Memory Advantage: How to Think Sharper, Learn Faster, and Remember More

What Is Covered

- How memory is formed, stored, and retrieved in the human brain
- Why we forget and what forgetting tells us about how the brain prioritizes information
- Evidence-based techniques for encoding information more effectively and retaining it longer
- The relationship between emotion, attention, and memory consolidation
- How age affects memory and which aspects of memory genuinely decline versus which do not
- Digital tools that support versus interfere with natural memory formation

Overview

Memory is not a fixed capacity that we are born with and slowly lose. It is a dynamic, trainable system that the brain continuously reshapes based on what we pay attention to, how we organize information, and the biological conditions we give it to work with. This talk demystifies how memory actually works at the neurological level, separates myth from evidence, and gives audiences the tools to use their memory more strategically in professional and personal life.

From the neuroscience of the hippocampus to the psychology of retrieval practice, this talk translates the latest research in memory science into practical strategies that are immediately applicable. Whether the audience is concerned about age-related memory changes or simply wants to learn more efficiently and perform more confidently under pressure, this talk provides both the understanding and the tools to make meaningful improvements.

Actionable Outcomes

- Understand the three stages of memory formation and how to strengthen each one
- Apply retrieval practice, spaced repetition, and elaborative encoding to accelerate learning
- Reduce common memory failures related to attention, stress, and multitasking
- Distinguish between benign memory lapses and warning signs worth evaluating clinically
- Design environments and routines that support stronger memory consolidation
- Teach memory improvement strategies to teams, students, or patients

Audience Takeaway

Memory is not a talent you either have or do not have. It is a skill with a neuroscience behind it, and anyone willing to apply what we know about how the brain works can dramatically improve how well they learn, retain, and recall.

Best Audience for This Talk

Academic institutions, professional training and development programs, healthcare providers focused on aging, educators, HR professionals, and general audiences interested in lifelong cognitive health.

Brain Health for Life: A Neurologist's Plan for Longevity and Becoming Brain Super-Agers

What Is Covered

- How the five pillars of brain health interact and reinforce each other across the lifespan
- What the research says about aerobic exercise, resistance training, and brain volume
- The evidence-based interventions for longevity and becoming a brain super-ager
- How chronic sleep deprivation accelerates brain aging and what to do about it
- Stress physiology, cortisol, and the cumulative effect of unmanaged stress on neural tissue
- Cognitive engagement, social connection, and their role in building neurological resilience

Overview

Good brain health is not the result of one magic habit or supplement. It is built systematically, across five interconnected domains that together create the conditions the brain needs to grow, repair, and maintain its function across decades of life. This talk presents the author's five-pillar framework, developed through years of clinical practice and grounded in the strongest available research evidence, as a practical and personalized blueprint for brain health at any age.

Whether the audience is in their thirties trying to optimize their cognitive performance, or in their sixties concerned about what lies ahead, the five-pillar framework gives them a clear and actionable way to assess where they are and what to prioritize. This talk is especially effective when tailored to specific audiences, including healthcare employees, corporate wellness participants, or community health programs, because the science is immediately translatable to real-life choices that every person in the room can begin making the same day.

Actionable Outcomes

- Assess personal strengths and vulnerabilities across each of the five pillars of brain health
- Build a personalized and sustainable brain health plan grounded in clinical evidence
- Understand how daily lifestyle choices determine who becomes a brain super-ager and who doesn't
- Apply the five-pillar framework as an educational tool in clinical, workplace, or community settings
- Identify which pillar offers the greatest leverage for each individual's current circumstances
- Motivate family members, colleagues, or patients to adopt evidence-based brain health behaviors

Audience Takeaway

You do not have to do everything perfectly to protect your brain for life and live longer. You have to do the right things, consistently, across five key areas of daily life. Start with one pillar, build momentum, and let the science do the rest.

Best Audience for This Talk

Employee wellness and benefits programs, health systems and hospitals, primary care and internal medicine groups, retirement communities and senior organizations, faith communities, and any organization seeking a comprehensive and practical brain health curriculum.