Rewire Your Brain and Reclaim Your Power with Neeli Clute - Episode 402

In this Episode:

- Neeli Clute's journey from neurobiology to teaching, and how unlocking the power of neuroplasticity can help every mind learn, adapt, and thrive.
- Why the science of neuroplasticity is *essential* for women entrepreneurs navigating rapid change, AI disruption, and daily complexity.
- How repeated thoughts physically rewire the brain—and why becoming aware of hidden patterns is the first step to creating a new reality.
- Simple, science-backed practices to build an abundant "brain budget" so you can lead, create, and decide without burning out.
- Why our brains are constantly shaped by what we consume—from screens to stress—and how conscious choices can protect your energy and clarity.
- A sneak peek of Neeli's Ignite talk on brain-healthy strategies, attention management, and rewiring your mindset to show up as the CEO of your life.

Notable Quotes:

"Mental bandwidth is limited and we have to stop thinking about it as being infinite."

Pearls of Wisdom:

1. Your brain is not just a compass for you, it is the architect of your future.
2. Build your brain bank.

Resources:

Neeli Clute is a Neuroleadership Speaker and Brain Health Ambassador who helps high-performing professionals optimize their mental bandwidth through neuroscience-based strategies. As the founder of Agile Intellect, she guides clients in designing sustainable systems that enhance cognitive performance while preventing mental decline. With advanced degrees from Johns Hopkins University (Mind, Brain and Teaching), University of Maryland College Park (Neurobiology and Physiology), and UNC Chapel Hill (Secondary Science Education), Neeli bridges cutting-edge neuroscience with practical applications. Her expertise combines eight vital components of mental performance with the neuroscience of habit formation, human motivation, and emotional intelligence.

Websites: https://www.agileintellectneuro.com/
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At Ignite this November, Neeli will be one of our incredible speakers. She'll be sharing how to harness the infinite capacity of your brain, release outdated conditioning, and create the inner foundation for the life and business you truly want.

If you haven't gotten your ticket yet, get your ticket here. Early bird pricing is available now.

Link to this show: https://www.kamiguildner.com/ewr-neeli-clute-eps-402/