

Can neuroscience offer advice on business relationships?

Jan Hills, founder of leadership development consultancy Head Heart + Brain, sat down with IBTimes UK to talk about her new book, Brain-savvy HR: a neuroscience evidence base.

The title explores the relationship between neuroscience and people management as well as arguing that businesses can boost their performance by learning more about how the brain works.

Hills book examines how neuroscience can teach us about the brain's reaction to stress, which employers must consider to keep employees healthy and engaged.

Watch the original video: