

# Rethink Woman Rethink Brain Rethink Capital

Science is rewriting what it means to be a woman. For decades, research focused mostly on men — leaving women under-represented, misunderstood, and underserved. At the Women's Brain Foundation, we change that. We turn science into everyday knowledge — so women can make smarter decisions about their health, performance, and life.



— Antonella Santucci Chadha,  
founder of the Women's Brain Foundation

## Join the Women's Brain Foundation Academy

If these truths spark your curiosity, the Women's Brain Foundation Academy is where they come to life. Here, science meets daily life. We transform research into practical learning for women in business, leadership, and beyond. Learn what science reveals about your brain — how it drives focus, creativity, stress, and performance. Join experts and peers who believe that understanding yourself through science changes everything.



WBF Academy  
Where Knowledge  
Shapes Equality



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Brain Foundation

## 10 Things Neuroscience Wants Every Woman to Know — and Live By

### 1 Your brain is unique.

Women's brains respond differently to stress, hormones, and medication. Knowing this helps you make informed choices for your wellbeing.

### 2 Hormones are information.

They shape focus, memory, and emotion. Understanding them means working with your biology, not against it.

### 3 Sleep is medicine.

Rest repairs your brain, strengthens resilience, and preserves memory. It's not indulgence — it's science.

### 4 What you eat feeds your brain first.

Every bite influences concentration, mood, and energy. Food isn't fuel — it's chemistry.

### 5 Movement changes your brain.

Exercise rewires neural pathways, lifting mood and sharpening focus. It's neuroscience in motion.

### 6 Stress leaves a trace.

Chronic stress alters how your brain communicates. Awareness is your first antidote.

### 7 Menopause starts in the brain.

It's not only hormonal — it's neurological. Knowledge makes this transition power, not pause.

### 8 Precision medicine is your right.

For years, clinical trials focused on men. It's time healthcare works with you, not around you.

### 9 Emotional intelligence is biological intelligence.

Empathy, intuition, and connection are brain-based strengths — not soft skills.

### 10 Knowledge creates equality.

When women understand their biology, the world changes — in boardrooms, classrooms, and families.



Women's Brain Foundation.  
Science for Her. Equality for All.  
[www.womensbrainproject.com](http://www.womensbrainproject.com)

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