Dr fLorence Cotel, PhD – Long Bio

*(Please note the spelling of* ***fL****orence)*

Dr fLorence Cotel is a distinguished neuroscientist, visionary entrepreneur, accomplished endurance athlete and inspirational speaker.

fLorence’s academic journey includes earning a PhD from the prestigious Sorbonne University in Paris. Her pioneering work on neuronal fatigue has garnered international recognition and been prominently featured in media worldwide. With over a decade dedicated to cutting-edge research in France, Denmark and Australia, she has cultivated an unparalleled expertise that spans fundamental, applied, and clinical realms of science.

In her relentless pursuit of innovation, fLorence is the visionary founder BLiSS Science and Innovation Inc., a non-profit organization that fosters interdisciplinary collaborations to tackle complex challenges. BLiSS' ground-breaking initiatives have earned accolades in Australia, including a nomination for the University of Queensland's Award for Excellence in Leadership within its very first year.

Beyond her seminal research and visionary leadership, fLorence thrives on pushing her limits. An ardent enthusiast of endurance sports, she is an accomplished long-distance runner, cyclist, and triathlete. In 2011, she embarked on a remarkable 12,000-kilometer cycling journey from Quito to Ushuaia in South America, navigating the rugged Andes and embracing the wild outdoors.

Drawing from her multifaceted life experiences, fLorence has emerged as an authority in cultivating a culture of peak performance, adeptly leading diverse teams towards shared objectives, and fostering effective collaboration through quality communication. She staunchly advocates for well-being as a pillar for performance.

In 2022, she launched the audacious campaign, "One Dream Down," cycling over 3,000 kilometres from Darwin to Adelaide, inspiring others to pursue their dreams while championing burnout prevention. fLorence is also the mastermind behind "The Burnout Conversation," an initiative that gives a voice to professionals who grapple with burnout whether they are patients or providing support.

With over two decades of experience in public speaking across Europe, America, the Middle East, Asia, and Australia, fLorence has honed her ability to distil complex concepts into accessible and engaging presentations. She is renowned for her exceptional ability to inspire, infusing her talks with contagious enthusiasm and thought-provoking insights. By seamlessly integrating the latest research with personal anecdotes and real-world case studies, she ensures that her audiences leave her conferences armed with practical strategies and boundless energy, ready to transform their lives for the better. Dr fLorence Cotel is the embodiment of excellence at the intersection of science, innovation, and personal achievement.

*More info at* [drfLorencecotel.com](http://drflorencecotel.com/) or at [Linkedin.com/company/dr-fLorence-cotel](http://linkedin.com/company/dr-fLorence-cotel)

*To follow the One Dream Down campaign, connect to* *Instagram or Facebook* @OneDreamDown

*More info on The Burnout Conversation initiative at* [theburnoutconversation.com.au](http://theburnoutconversation.com.au/)