

MindLAB Neuroscience Brings Personal & Professional Development to Portugal

Dr. Sydney Ceruto launches Portugal's first neuroscience-based personal and professional development practice, helping individuals achieve lasting change.

LISBON, LISBON, PORTUGAL, February 11, 2025 /EINPresswire.com/ -- MindLAB Neuroscience Expands to Europe: Launching the First Neuroscience-Based Personal & Professional Development Practice in Portugal

[Dr. Sydney Ceruto](#), the globally recognized pioneer in neuroscience-based personal and professional development, is bringing her expertise to Europe with the launch of [MindLAB Neuroscience Personal and Professional Development](#) in Lisbon, Portugal. This marks the first neuroscience-driven life coaching practice in the country, offering a science-backed, results-driven approach to optimizing mindset, cognitive function, and emotional resilience.

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Helping my clients achieve profound personal and professional growth using neuroscience-based coaching has been my life's work, and I'm thrilled to bring this transformative approach to Lisbon.”

Dr. Sydney Ceruto

With Lisbon rapidly becoming a global hub for entrepreneurs, executives, and digital nomads, the demand for high-performance coaching that integrates cutting-edge neuroscience has never been greater. Dr. Ceruto's proven methods, which leverage neuroplasticity to rewire thought patterns and behaviors, have already transformed thousands of high-achieving professionals worldwide. Now, she is bringing her expertise to Portugal to support the city's growing population of ambitious

individuals striving for personal growth and professional excellence.

“Lisbon is the perfect city for this expansion,” says Dr. Ceruto. “It has an incredible mix of



innovation, entrepreneurship, and international professionals who are hungry for real, transformative change—not just surface-level motivation. [Neuroscience-based coaching](#) is the future of personal and professional development, and I'm thrilled to introduce this methodology to Portugal."



Dr. Sydney Ceruto, Founder & C.E.O. MindLAB Neuroscience

Bridging the Gap Between Neuroscience and High Performance
MindLAB Neuroscience offers a highly specialized approach tailored to CEOs, founders, high-level executives, and digital nomads who are looking to enhance decision-making, overcome cognitive roadblocks, and optimize their mental performance. Unlike traditional coaching models, Dr. Ceruto's approach is backed by research in cognitive science, neuroplasticity, and behavioral psychology.

"The mental and emotional demands on high performers are unlike anything most people experience," says Dr. Ceruto. "Entrepreneurs, executives, and digital nomads are constantly managing high-stakes decisions, navigating uncertainty, and pushing their limits. The key to sustaining success isn't working harder—it's working smarter by rewiring the brain for resilience, adaptability, and peak cognitive function."

A Personal Journey of Growth & Resilience

Dr. Ceruto's journey to opening her Lisbon practice was not without its own challenges. Moving to a new country while continuing to lead a globally recognized business required the same neuropsychological tools she teaches her clients.

"Learning Portuguese was one of the most humbling experiences of my life," she shares. "After becoming fluent in French, I thought I'd have a head start, but Portuguese challenged me in ways I didn't expect. It reminded me of what I always tell my clients—growth isn't linear, and discomfort is often the gateway to mastery."

Her decision to bring MindLAB Neuroscience to Lisbon was driven not just by the city's vibrant international community but also by her deep appreciation for its culture of innovation, balance, and quality of life.

"I believe success should be about more than just achievement—it should be about fulfillment," she explains. "That's why Lisbon is such an exciting place to launch this practice. It's a city that embodies both ambition and well-being, which is exactly what MindLAB Neuroscience helps clients cultivate."

A New Era of Coaching in Portugal

With the rise of neuroscience-based coaching, more high achievers are recognizing the limitations of traditional self-help models and turning to evidence-backed strategies to optimize their lives. MindLAB Neuroscience is now set to lead this movement in Portugal, offering one-on-one coaching, leadership development programs, and workshops designed to rewire the brain for lasting success.

For those interested in working with Dr. Ceruto or learning more about neuroscience-based personal and professional development, visit MindLAB Neuroscience.

MindLAB Neuroscience Personal & Professional Development

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