



DR. CAROLINE LEAF

CLINICAL NEUROSCIENTIST, BESTSELLING AUTHOR, AWARD-WINNING PODCAST HOST

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EDUCATION & CERTIFICATIONS

- PhD in Communication Pathology | Distinction & Summa Cum Laude** 1997
University of Pretoria, South Africa
- Dissertation: The Geodesic Information Processing Theory
- MSc in Communication Pathology & Audiology | Distinction & Summa Cum Laude** 1990
University of Pretoria, South Africa
- BSc in Logopaedics | Distinction & Summa Cum Laude** 1985
University of Cape Town, South Africa
- ETDP Assessor and Moderator** 1987 - 2007

PROFESSIONAL EXPERIENCE

- Founder & Co-Owner, Chief Scientist, Author, Podcast Host** 2008 - Current
Switch on Your Brain Intl., LLC | Dallas, TX
- Produced clinical research projects and keynote speeches in global academic, corporate, and church settings
 - Hosted Cleaning up Your Mental Mess, an award-winning podcast with over 30+ million downloads
 - Authored 18+ books (in 22 languages), including the USA Today Bestseller Cleaning up Your Mental Mess
 - Originated the Neurocycle app with over 500,000 downloads since its launch in 2019
- Private Clinical Practice** 1987 - 2007
Pretoria, South Africa
- Specialized in learning disabilities, autism, TBI, CTE, trauma, family therapy, dementia, and stroke victims
 - Researched and developed the Neurocycle system, a 5-step mind-directed neuroplasticity process
 - Developed the Metacog® a scientifically advanced learning and therapeutic tool for mind-management
 - Trained thousands of teachers in various government and private school projects across South Africa
 - Developed the "Gift profile" – a customized thinking profile analysis tool, the Unique Qualitative (UQ) Assessment, and the Leaf Mind Management (LMM) Scale
- Speech/Language Therapist, Communication Pathologist, and Education Advisor** 1987 - 2005
Johannesburg, South Africa
- Assisted with Grade 12 intervention and learning skills support across all grades
 - Provided services for the Gauteng Department of Education (GDE) and Eastern Cape Education Department
 - Facilitated multiple early childhood development (ECD) projects for the Gauteng Department of Education (GDE) and Eastern Cape Education Department
- Education Advisor and Communication Pathologist** 1986 - 1987
New Hope School | Pretoria, South Africa
- Facilitated classroom-based interventions between teachers and therapists
 - Worked clinically as a communication pathologist using cognitive neuroscience applications
 - Trained parents in how to help their children learn how to learn and manage mental health
- Communication Pathologist and Education Advisor** 1985 - 1986
Transvaal Education Department | Johannesburg, South Africa
- Trained educators and therapists on classroom-based intervention for learning and mental health management
 - Established learning systems and family therapy models in schools
 - Operated a clinical practice with individual patients



SELECTED PUBLISHED WORKS

- Leaf, C., et al. (2024). Psychometric Testing of a New Instrument for Assessing Individual's Mindfulness, Mediating Abilities, and Well-Being Outcomes: The Leaf Mind Management (LMM) Scale. *Current Psychology*. IN PRESS.
- Leaf, C., et al. (2024). Habit Formation and Automaticity: Psychoneurobiological Correlates of Gamma Activity. *Neuroregulation*. IN PRESS.
- Leaf, C., et al. (2023). Psycho-neuro-biological Correlates of Beta Activity. *Neuroregulation* 10(1), 11-20.
- Leaf, C. (2023). *How to Help Your Child Clean Up Their Mental Mess: A Guide to Building Resilience and Managing Mental Health*. Baker Books.
- Leaf, C. (2021). *Cleaning Up Your Mental Mess*. Baker Books.
- Leaf, C. (2018). *Think, Learn, Succeed*. Baker Books.
- Leaf, C. (2015). *Ridiculous*. TEDx. <https://youtu.be/yjhANyrKpv8>.
- Leaf, C. (2005). *Switch On Your Brain*. Tafelberg.
- Leaf, C. (1998). An altered perception of learning: geodesic learning, part 2. *Therapy Africa* 2(1), 4.
- Leaf, C., Louw, B., & Uys, I. C. (1998). An Alternative Non-Traditional Approach to Learning: The Metacognitive-Mapping Approach. *DieSuid-Afrikaanse Lydskrif vir Kommunikasieafwykings*, 45, 88-102.
- Leaf, C. (1997). An altered perception of learning: geodesic learning. *Therapy Africa* 1(2), 7.
- Leaf, C. (1997). The move from Institution Based Rehabilitation (IBR) to Community Based Rehabilitation (CBR): A paradigm shift. *Therapy Africa* 1(1), 4.
- Leaf, C., Louw, B., & Uys, I. C. (1997). The development of a model for Geodesic learning: The Geodesic Information Processing Model. *South African Journal of Communication Disorders*, 44(1), 53-70.
- Leaf, C. (1997). The Mind-Mapping Approach: A Model and Framework for Geodesic Learning, a dissertation submitted for her Ph.D. at the University of Pretoria.
- Leaf, C., Uys, I. C., & Louw, B. (1993). The Mind-Mapping Approach (MMA): A culture and language free technique. *South African Journal of Communication Disorders*, 40(1), 35-42.
- Leaf, C. (1992). The Mind-mapping approach (MMA): Open the door to your Brainpower, Learn how to learn. Transvaal Association of Teachers Journal (TAT).
- Leaf, C. (1990). Mind-mapping as a Therapeutic technique. *Communiphon*, South African Speech-Language-hearing Association, 296, 11-15.
- Leaf, C. (1990). Mind-Mapping: A Therapeutic Technique for Closed-Head Injury, a dissertation submitted for her Masters at the University of Pretoria.
- Leaf, C. (1989). Teaching children to make the most of their minds: mind-mapping. *Journal for Technical and Vocational Education in South Africa*, 121, 11 – 13.

CLINICAL TRIALS & RESEARCH

- Leaf, C. (2021). *Why mind-management is the solution to cleaning up your mental mess*. Dr. Leaf. [Link](#)
- Leaf, C. (2013). *The Switch on Your Brain 5-Step Learning Process-Classroom Results*. Dr. Leaf. [Link](#)

SELECTED PRESENTATIONS & PROFESSIONAL ASSOCIATIONS

Corporate Associations		Keynotes	TV & Presentations	
Sephora	Fairway Mortgage	Region 10 ISD Dallas	AACC National	CBNB
Dallas Business	UPS Women's Events	Fort Worth ISD	400+ Churches/Ministries	TBN
Atlas Technologies	McDonald's	Advantage Academy	Joyce Meyer Conference	Daystar
Plexus Group	Coaching.com	Newman Academy Charter Schools	Dave Ramsey National	Sid Roth



MEDIA & PRESS

Forbes	The Oprah Magazine	Inc.	Elle	TEDx	Glamour
Mindbodygreen	PBS	Vogue	BBC	CNN	TZR
Well + Good	Huffington Post	MSD	Insider	Ed Myles Show	Upgrade Radio
Mindvalley	Jim Kwik Podcast	Men's Health	KTAL 5	Psych Central	Sunday Riley
Cheddar news	Morning in America	Fatherly	Popsugar	Byrdie	Yahoo! Lifestyle
Shondaland	Real Simple	CBN	Psycom	Popular Science	MSN Arabia
Shape	Apartment Therapy	Women's Day	Zoe Report	Thrive Global	Eating Well
	Public Affairs Show	Parade	Pure Wow	Good Day Austin	Next Luxury
	WYLL Chicago	Lifehacker	KiTV	CHVN	
	School of Greatness with Lewis Howes	Expresso Show South Africa	Yahoo! News Phillipines	Upgrade Radio with Dave Asprey	