



Dr. Caroline Leaf

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Clinical Neuroscientist, Bestselling Author, Award-Winning Podcast Host

EDUCATION

University of Pretoria South Africa	1997
PhD in Communication Pathology Graduated with Distinction & Summa Cum Laude <i>Dissertation: The Geodesic Information Processing Theory</i>	
University of Pretoria South Africa	1990
Master of Science Communication Pathology & Audiology Graduated with Honors & Summa Cum Laude	
University of Cape Town South Africa	1985
Bachelor of Science Logopaedics Graduated with Honors & Summa Cum Laude	

CERTIFICATIONS

ETDP Assessor and Moderator	1987-2007
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PROFESSIONAL EXPERIENCE

Founder & Co-Owner, Chief Scientist, Author, Podcast Host Switch on Your Brain Intl., LLC Dallas, TX	2008-2022
<ul style="list-style-type: none">Produced clinical research projects and keynote speeches in global academic, corporate, and church settingsHosted <i>Cleaning up Your Mental Mess</i>, an award-winning podcast with over 30+ million downloadsAuthored 18+ books (in 22 languages), including the USA Today Bestseller <i>Cleaning up Your Mental Mess</i>Originated the Neurocycle app with over 500,000 downloads since its launch in 2019	
Private Clinical Practice Pretoria, South Africa	1987-2007
<ul style="list-style-type: none">Specialized in learning disabilities, autism, TBI, CTE, trauma, family therapy, dementia, and stroke victimsResearched and developed the Neurocycle system, a 5-step mind-directed neuroplasticity processDeveloped the Metacog® a scientifically advanced learning and therapeutic tool for mind-managementTrained thousands of teachers in various government and private school projects across South AfricaDeveloped 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 Johannesburg, South Africa	1987-2005
<ul style="list-style-type: none">Assisted with Grade 12 intervention and learning skills support across all gradesProvided services for the Gauteng Department of Education (GDE) and Eastern Cape Education DepartmentFacilitated multiple early childhood development (ECD) projects for the Gauteng Department of Education (GDE) and Eastern Cape Education Department	
Education Advisor and Communication Pathologist New Hope School Pretoria, South Africa	1986-1987
<ul style="list-style-type: none">Facilitated classroom-based interventions between teachers and therapistsWorked clinically as a communication pathologist using cognitive neuroscience applicationsTrained parents in how to help their children learn how to learn and manage mental health	
Communication Pathologist and Education Advisor Transvaal Education Department Johannesburg, South Africa	1985-1986
<ul style="list-style-type: none">Trained educators and therapists on classroom-based intervention for learning and mental health managementEstablished learning systems and family therapy models in schoolsOperated a clinical practice with individual patients	

SELECTED PUBLISHED WORKS

Leaf, C. (June 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, March 16). *Ridiculous*. TEDx. <https://youtu.be/yjhANyrKpv8>

Leaf, C., & McCauley, R. (2006). *Who Switched off my Brain: The Gift Within*. Rhema Publishers.

Leaf, C. (2005). *Switch on Your Brain*. Tafelberg.

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., 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.

CLINICAL TRIALS & RESEARCH

Leaf, C. (2021). *Why mind-management is the solution to cleaning up your mental mess*. Dr. Leaf. <https://bit.ly/3Tn4j8A>

Leaf, C. (2013). *The Switch on Your Brain 5-Step Learning Process-Classroom Results*. Dr. Leaf. <https://bit.ly/3pOpWRB>

SELECTED PRESENTATIONS & PROFESSIONAL ASSOCIATIONS

CORPORATE ASSOCIATIONS

Sephora	Fairway Mortgage
Dallas Business	UPS Women's Events
Atlas Technologies	McDonald's
Plexus Group	Coaching.com

KEYNOTES

Region 10 ISD Dallas
Fort Worth ISD
Advantage Academy
Newman Academy Charter Schools

TELEVISION & PRESENTATIONS

AACC National	CBN
400+ Churches/Ministries	TBN
Joyce Meyer Conference	Daystar
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	MSN	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
Verywell Mind	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 Philippines	Upgrade Radio with Dave Asprey	