

Delia McCabe (M Psych), PhD

Female Stress Resiliency Consultant // Neuroscientist // Author // Speaker

Bridging the gap between nutrition, psychology, and neurology, Dr. Delia McCabe is a neuroscientist who specializes in cognitive and stress resiliency, and burnout recovery, by focussing on psychological wellbeing, hormonal health, and brain nutrition aimed at optimal mental wellbeing - which naturally supports anti-ageing.

Delia discovered the critical role that nutrition plays in mental wellbeing while examining achievement and under-achievement while completing her Masters in psychology.

Pioneering world-first research into female stress and dietary supplements, Dr. McCabe works at the intersection between neuroscience, psychology and nutritional deficiencies, to health, wellness and success.

A former clinical psychologist, and with books available in multiple languages, Dr. McCabe is a regular featured expert in the media.

Having spent 25 years in the industry, working with clients of all ages, Dr. McCabe's work has been published, in among others, the prestigious peer-reviewed journals, Maryanne Liebert Publishers, and Nursing & Health Sciences.

Based in Austin, Texas, USA, but speaking and coaching internationally, Delia shares her expertise in workshops, group coaching and 1-on-1 coaching programs to transform women from exhausted, stressed and overwhelmed to unstoppable.

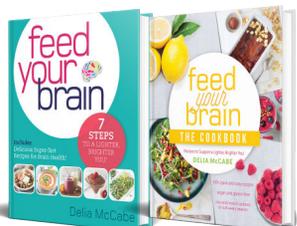


EXPERIENCED TRAINER & SPEAKER

Delia is a sought-after speaker and speaks at corporate training events, conferences and on podcasts, globally, including:

- Neuroscience For Leaders, Beijing, China
- The National Care Forum (UK) & Altura (Australia), Resilience & Wellbeing During A Pandemic
- eXperience Agile, Lisbon
- The ABC, This Working Life, Australia
- The Miracle Morning Podcast, with Hal Elrod, International
- The Wellness Puzzle Podcast, International
- Stress Free You Podcast, USA
- Thriving Thru Menopause Podcast, International

Delia's books are available worldwide and have been translated into four languages.



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Over 1,000 people have downloaded the episode where Delia and I discuss stress resiliency in relation to women and hormones.

Delia is passionate and engaging and shared new insights into managing our stressors better, how nutrient depleting stress is, and the genetic anomaly connected to women's feelings of anxiety and depression.

Delia simplifies the science of stress without 'dumbing it' to being superficial.

Now more people can take proactive steps to support themselves through menopause.

Clarissa Kristjansson - Thriving Thru Menopause

SPEAKING TOPICS

- **From Wired & Tired to a Lighter & Brighter You:** How Exhausted, Overwhelmed & Stressed Achievers Are Beating Fatigue, Brain Fog & Weight Gain
- **The Secret Link Between Personality, Adrenal Fatigue & Burnout** (& How it Impacts Your Food Choices and Mental Resiliency)
- **How High-Functioning (But Exhausted) Achievers Are Resetting Their Brains & Bodies:** How to Beat Weight Gain, Insomnia & Exhaustion
- **3 Critical Ingredients for a Well-Fuelled Brain:** How to Move From Burnout, Stress & Overwhelm to Energised, Calm & Unstoppable
- **The Missing Link:** The Critical Connection Between Brain Nutrition, Hormones & Happiness (and How You Can Optimise, Rebalance & Reclaim Yours)
- **5 Steps to Beat Belly Bloat:** How Improving Absorption, Digestion, and Maximising Serotonin Production Will Transform You Into Your Lightest And Brightest Best You



AS SEEN ON



“ Delia’s insight into what the brain needs to be fed - and what it’s not getting anymore - explains the energy, weight, fatigue and memory woes that are plaguing the modern brain!

Using a unique mix of psychology and neurology, Delia’s genius around the stressed brain, sugar addictions, caffeine cravings and the ever-expanding muffin-top waistline, are unsurpassed!

Delia provides hope, answers and solutions!

Tanya Targett Camacho, Award Winning Journalist, Speaker, Media and Publicity Trainer, USA



BOOK DELIA NOW

To discuss booking Delia McCabe for your event please call +1 (512) 815 0609 or email delia@lighterbrighteryou.life Visit www.lighterbrighteryou.life for more details.