

TIER 03 · HEALTH ADVISORY BOARD

Tier 03 · Dr. Rebecca Robbins

Circadian Biology for Executive Travel and 24/7 Operations

Modern executive life — global travel, 24/7 operations, late earnings calls — runs in direct conflict with circadian biology. Dr. Robbins lays out the science of the body clock and the practical playbook for working with it rather than against it.

KEY TAKEAWAYS

- 01** Circadian biology 101: the master clock and the peripheral clocks
- 02** Light, food, and movement as the three primary circadian inputs
- 03** The pre-flight, in-flight, and post-flight protocol that actually works
- 04** Why 'just power through' is the worst long-term strategy
- 05** How shift work and 24/7 operations should be designed for human biology
- 06** What organizations should standardize across travel-heavy roles

AUDIENCE

Travel-heavy executives, sales leadership, 24/7 operations leaders, finance/markets professionals.

FORMATS

- 45-min keynote
- 60-min keynote + Q&A
- Half-day intensive for travel-heavy teams

SAMPLE AGENDA

- 0–10 min — Modern life vs circadian biology
- 10–30 min — The master clock and the peripheral clocks
- 30–55 min — Light, food, movement
- 55–75 min — The travel protocol
- 75–80 min — Q&A

SLIDE OUTLINE

- Slide 1 — Modern life vs circadian biology
- Slide 2 — Master clock + peripheral clocks
- Slide 3 — Light as the dominant signal
- Slide 4 — Food and movement timing
- Slide 5 — The travel protocol
- Slide 6 — 24/7 operations design

SPEAKER POOL

Dr. Rebecca Robbins.