

Speaker Profile for NEXii Longevity 2025

Dr. Ines O'Donovan, PhD – The Ageless Futurist & Longevity Strategist

Dr. Ines O'Donovan is The Ageless Futurist — a longevity strategist for visionary founders and business leaders who want to extend their leadership edge, performance, and economic impact for decades.

With a PhD in Management Learning & Leadership and an MBA in Innovation & Entrepreneurship, Ines works at the intersection of biology, business, and the future of leadership. She helps organizations **quantify, reduce, and reverse the economic costs of accelerated aging** — from executive decision fatigue to innovation slowdowns, from disengaged employees to rising burnout.

She is the creator of **Bio-Optimized Leadership™**, the first framework to directly link a leader's biological age to key business outcomes: strategic clarity, innovation capacity, resilience, and long-term growth.

Her own data shows what's possible: at her best, Ines tested **31 years younger** than her chronological age — proof that biological age is not fixed, and that energy, cognition, and executive performance are *malleable, measurable, and monetizable*.

Ines is the founder and CEO of [Jeunessima Magazine](https://jeunessima.com), the first longevity media brand for women, and is launching **The Longevity Club for Entrepreneurs and Business Leaders** — a private initiative for leaders looking to future-proof their health, wealth, and influence.

Through her speaking, audits, and consulting, Ines reframes longevity from a personal health goal into a **strategic leadership asset** — one that directly impacts productivity, profit, and competitiveness in an aging global economy.

Her upcoming book reveals why **the biological age of your leadership team** may be the most overlooked KPI in business today — and how forward-thinking leaders are using longevity as a growth strategy.

Connect with Ines:

LinkedIn: <https://www.linkedin.com/in/inesodonovan>

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Speaker Intro

Our next speaker believes ... and has the numbers to show ... that **biological aging isn't just a health issue — it's a leadership risk and a business liability**.

Dr. Ines O'Donovan is *The Ageless Futurist*, a strategist for high-performing founders and executives who want to extend their clarity, decision-making capacity, and economic value — by managing their biological age.

She's the creator of **Bio-Optimized Leadership™**, the first framework that connects lifestyle, biological aging, and business performance. Her work shows how aging executives are silently costing companies in lost innovation, reduced stamina, and disengaged teams — and what to do about it.

At her best, she's tested **31 years younger** than her chronological age — proving what's possible when leaders make biology their competitive advantage.

Today, she'll show you why the future belongs to **biologically optimized leaders** — and what it means for organizations, markets, and the economy.

Please welcome, **Dr. Ines O'Donovan**.