

Anne-Lene Nielsen - Biography

The intricate connection between body and mind has always been at the core of my work. My background as a chiropractor (Cand. manu./M.Sc. in Clinical Biomechanics), combined with a Master in Applied Positive Psychology (M.Sc.), has provided me with a unique perspective on integrating musculoskeletal health with psychological resilience.

My focus is on sustainable well-being—both for patients and practitioners. Research indicates that without proactive well-being strategies, healthcare professionals face an increased risk of cognitive fatigue, emotional exhaustion, and decreased clinical efficacy. My approach integrates neuroaffective methods with modern pain science to enhance both practitioner resilience and patient outcomes.

I work as a health & well-being consultant for business leaders, a neuroaffective supervisor, and an external lecturer at the University of Southern Denmark and Chiropractic Knowledge Hub. Additionally, I have developed the Intelligent Posture concept, offering evidence-based tools for optimizing biopsychosocial health.

To me, health is not merely the absence of pain - it is the foundation for sustainable professional performance and personal fulfillment. I am committed to advancing mental health and well-being in chiropractic, emphasizing that social sustainability is essential for the future of our profession.