



MEET Cindra Kamphoff

BEST-SELLING AUTHOR
AWARD-WINNING SPEAKER
LEADING CERTIFIED COACH
FOUNDER OF THE MENTALLY STRONG INSTITUTE

Cindra Kamphoff, Ph.D., CMPC, PCC, CSP is a keynote speaker and professional certified coach for leaders, professional athletes, and championship teams around the nation. She is the founder and owner of The Mentally Strong Institute.

Her clients range from Verizon Wireless, Target, Mayo Clinic Health System to the Minnesota Vikings.

She has provided mental training for the Minnesota Vikings for four years working one-on-one with the players to help them train their mind. Dr. Kamphoff works with the U.S.A. Track and Field Team and worked with the Olympians one-on-one while they were at the Olympics in Tokyo.

Dr. Kamphoff is also the host of the influential High Performance Mindset Podcast which is ranked in the top .5% of all podcasts.

Dr. Kamphoff's most popular keynotes include:

Beyond Grit

☆ most popular

Despite all the factors that we cannot control, we can choose to lead with grit, purpose and passion. In this keynote, Dr. Kamphoff will discuss tools to help us see the opportunity, practice self-leadership, savor the good, and commit to leading with grit for the future.

I can...I will...I am

We all experience an inner judge, but the most successful people learn to level up their thinking to level up their life and performance. In this keynote, Dr. Kamphoff will focus on tangible strategies to dominate your thinking.

The High Performance Mindset

As we continue to navigate through these uncertain times, more than ever, we can get stuck in fear and frustration wishing things were different. In this keynote, Dr. Kamphoff will focus on mindset practices to be resilient and at our best in times of change.

SPEAKING HIGHLIGHTS

With Dr. Kamphoff's **keynotes and trainings**, even the most seasoned corporate leaders, business people, and athletes will **learn practical strategies to:**

- Overcome the odds
- Live with purpose
- Move forward with a bold vision
- Become more self-aware
- Focus on what you can control
- Move forward with change
- Lead intentionally
- Play bigger to reach your potential



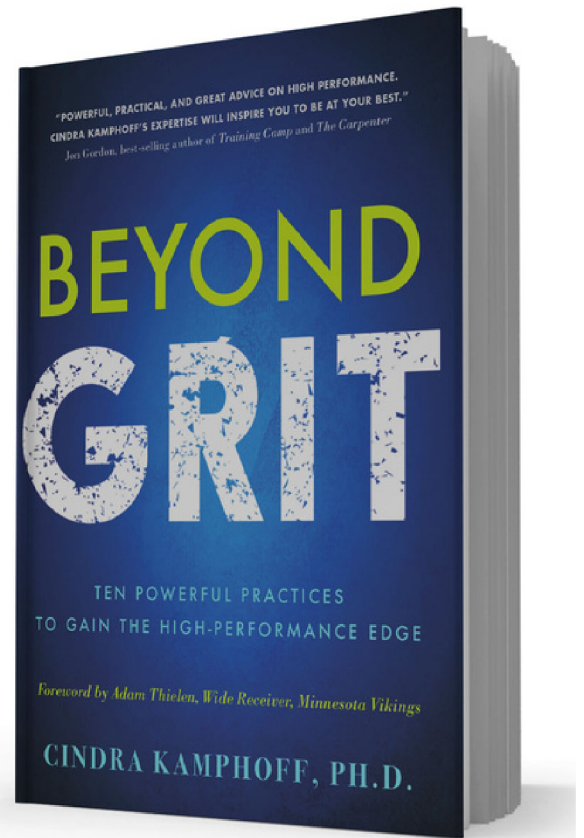
The foundation of Dr. Kamphoff's speaking and training is based on her Top 10 Practices of the World's Best.

BEYOND GRIT

Ten Powerful Practices to Gain the High-Performance Edge

In *Beyond Grit*, Kamphoff reveals the ten practices that the world's best use to gain the high performance edge. Kamphoff shares the strategies and tools she's taught executives, entrepreneurs, NFL ProBowl athletes, Olympians, college athletes, and championship teams.

Based on almost twenty years of research and consulting with the world's best, she provides a practical, inspiring, and easy-to-use guide to radically accelerating your performance and improving your happiness.

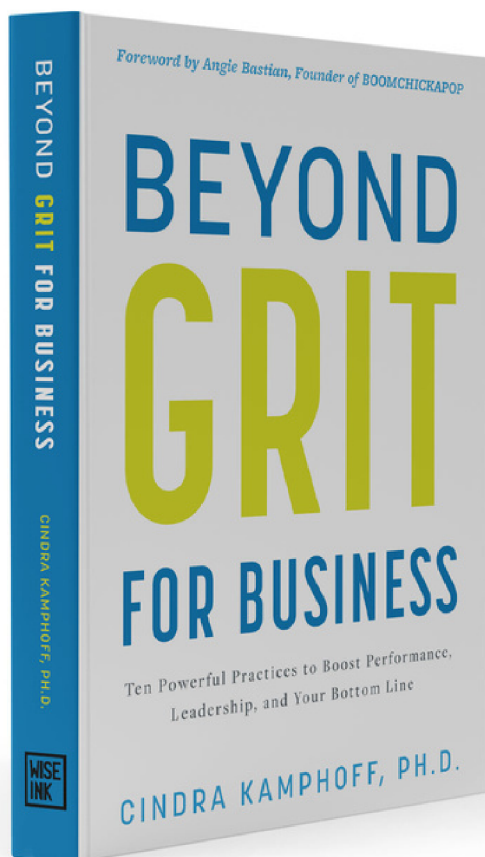


BEYOND GRIT FOR BUSINESS

Ten Powerful Practices to Boost Performance, Leadership, and Your Bottom Line

In this business psychology book, learn proven strategies for accelerating your performance, leveling up, and unlocking greatness. Kamphoff outlines practical tools and strategies with an action-based, tool-centered approach.

This comprehensive guide to career success was designed for leaders in any industry who are serious about improving their performance and pursuing the best version of themselves. Kamphoff's proven system can transform your performance, whether you are seeking to dream bigger, grow your business, make more money, or reach new levels of potential.





“Cindra leads and unforgettable training full of inspiration and energy. She engages everyone in the crowd and can get even the least enthusiastic person in the room on their feet!”

Ashley Leivermann

SHRM-CRP, Chief Human Resources Officer,
Crystal Valley

“Cindra was a spark of inspiration for our staff! They loved her energy. Our staff really enjoyed learning how important goal setting is, learning how to control the controllables, as well as their comfort and courage zones. They were excited after she left and were ready to 'Get Gritty.'”

Missy Visser

Citizens Bank.



“I have seen Cindra speak twice and both times she has captivated the audience with her enthusiasm and her real life examples of finding passion. She is able to connect with a wide audience -- young, old, women, men, business people and athletes. The takeaways from her presentation are easy to apply to all aspects of my life, both personal and professional. She is one of the best motivational speakers I have ever seen!”



Kristi Moore

Tax Executives Institute,
Committee Chair



“If you are serious about yourself and/or team improvement, Dr. Cindra provides the infrastructure to get you there.”

Mark Watkins

President and Founder,
Geneva Capital



"A brilliant and practical guide that extends our knowledge on how to develop grit."

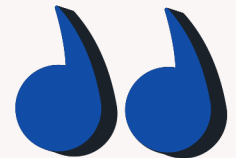
Hendrie Weisinger

Ph.D., New York Times bestselling author of *Performing Under Pressure: The Science of Doing Your Best When It Matters Most*

"Anyone who's ever wanted to reach a new level will absolutely love the powerful tools in this book."

Gabriele GruneWald

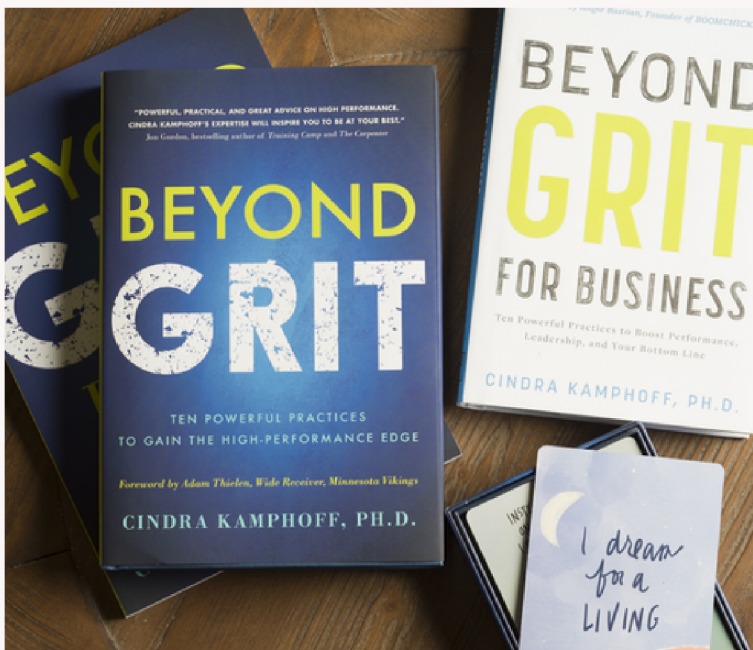
Professional runner and U.S.A. Track and Field Indoor Champion



"Bridges the gap between learning and doing by delivering highly practical strategies that can be done daily and weekly."

Bernie Holliday

Ph.D., Director of Mental Conditioning for Pittsburgh Pirates Baseball



"If you have Beyond Grit, it's the one book you'll read again and again."

BJ Hellyer

Northwestern Mutual Chief Development Officer

LEADING EXPERT ON HIGH PERFORMANCE



Brain Training Like a Champion

TED Talk

Being a top athlete requires physical training, but how do they mentally train? Dr. Kamphoff explains how to apply the same mental principles used by elite athletes to the events of everyday life. This talk encourages listeners to move toward their big goals by training their brains through mental conditioning practices.



AMONG
0.5% OF ALL
PODCASTS

High Performance Mindset

Influential Podcast

With over 4 million downloads, Dr. Kamphoff's podcast takes on topics related to leadership, overcoming adversity, productivity, and mental performance for the every day business leader, athlete, and everyone in between. The High Performance Mindset reaches over 120 different countries with 600+ episodes. It is among the top 0.5% of all podcasts and ranked in the top 100.



THE RANGE OF IMPACT

A tiny sample of who Dr. Kamphoff has inspired...



MENTALLY STRONG

I N S T I T U T E

RESEARCH, CONSULTING, &
PRIVATE COACHING



Mentally Strong is a team of **trained performance psychology professionals** and **certified coaches** who are here to help you gain the high-performance edge to help you be the **best version of yourself.**

Outcomes:

- Gain clarity on your vision for the future and move towards that vision
- Connect with your purpose
- Gain high performance strategies to be your best more often
- Accountability to help you move towards action

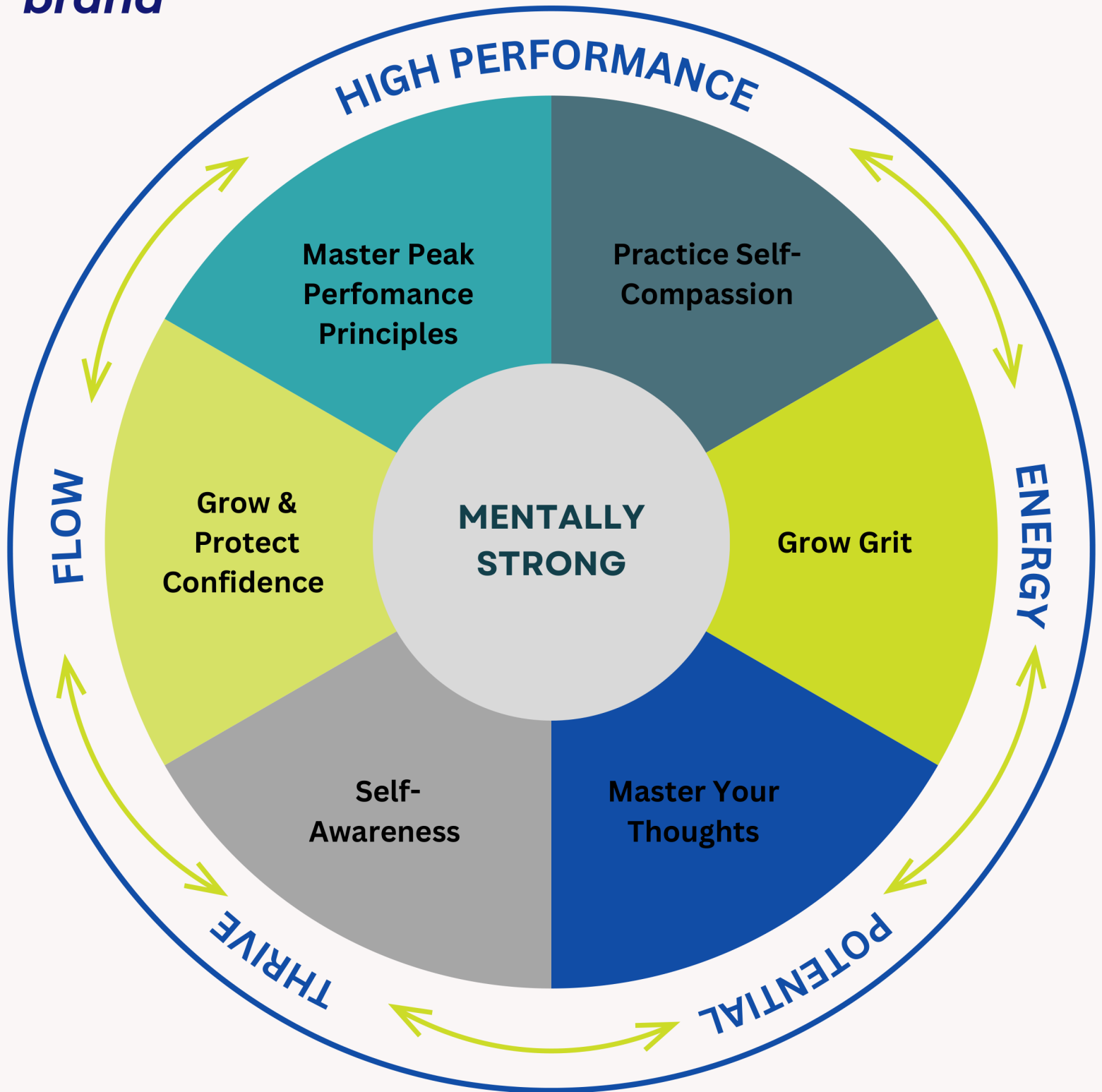
Individual Coaching Includes:

- One-on-one Coaching sessions via phone or Zoom
- Call length: 50-60 minutes
- Assessments used will be included in coaching fee



**Dr. Kamphoff's
influential personal
brand**

THE SIGNATURE MENTALLY
STRONG PROCESS



High Performance = Potential – Inner Limits



Cindra Kamphoff

Ph.D., CSP, CMPC

KEYNOTE SPEAKER, AUTHOR, FOUNDER
OF THE MENTALLY STRONG INSTITUTE

FOR FURTHER INFORMATION PLEASE VISIT

[MENTALLYSTRONGINSTITUTE.COM](https://mentallystronginstitute.com)

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**MENTALLY
STRONG**
INSTITUTE