

## SAMPLE CLIENTS



## ABOUT

Cindra Kamphoff, Ph.D., CMPC, is a keynote speaker, trainer, entrepreneur, and professor who is a go-to high performance coach for leaders, executives, and championship teams including the Minnesota Vikings.

Based on nearly 20 years of research and consulting, Cindra's focus is helping people gain the high-performance edge by embracing passion and purpose in their work and life. She is the President and CEO of Mentally Strong Consulting and is the author of the new book, *Beyond Grit: Ten Powerful Practices to Gain the High-Performance Edge*, and corresponding workbook.

Kamphoff is the founder and director at the Center for Sport & Performance Psychology and professor at Minnesota State University, Mankato.

Cindra has a Ph.D. in performance psychology and her work has appeared in *New York Times*, *Sports Illustrated*, *The Huffington Post*, *USA Today*, and *Runner's World Magazine*. She is the founder of the *High Performance Mindset* podcast available on iTunes and Stitcher Radio.

Cindra is a former collegiate athlete and now an avid marathoner who has competed in 15 marathons including 5 Boston Marathons. She lives in Minnesota with her husband and two boys.



## TESTIMONIALS

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

**- Mark Watkins, President and Founder, Geneva Capital**

"After about five minutes, the level of engagement and excitement in the room had exceeded anything I have ever experienced."

**- Alex Grundhoffer, North American Title Company**

"Cindra is one of the best in the business. Her ability to connect with people, leaders, athletes and coaches is exceptional."

**- Les Pico, Director of Player Development, Minnesota Vikings**

"I highly recommend Dr. Cindra Kamphoff as a presenter. From my first conversation with Cindra - through her second presentation - she clearly understood our audiences and presented program content that inspired them."

**- Meg Thoreson, Entrepreneur Fund**



### Meet Cindra Kamphoff, the woman who helps the Minnesota Vikings stay mentally tough

The sports consultant has worked with the team for the past three years, helping individual players master the mental side of the game.

By Jackie Crosby Star Tribune | JANUARY 30, 2018 - 1:33PM



Cindra Kamphoff, a Mankato-based certified mental-performance consultant, has worked with the Minnesota Vikings for the past three years.



### AS SEEN ON



The New York Times



THE HUFFINGTON POST



# Dr. CINDRA KAMPHOFF

Certified Mental Performance Consultant, Speaker & Author



## ABOUT

The foundation of Cindra 's speaking and training is based on her Top 10 Practices of the World's Best. Her Top 10 Practices outlines the differences between successful and less successful people. Based on almost twenty years of research and consulting with the World ' s Best, Cindra will help you embrace passion and purpose in our life and work. You ' ll become more self-aware and learn how to master your thoughts and emotions to help you lead yourself and your team more effectively.

## PROGRAMS AVAILABLE



### **Beyond Grit: Embracing Passion and Purpose to Gain the High-Performance Edge**

Tailored and customized to your needs, Cindra would focus on 1-3 of the 10 practices in a keynote, 5 practices in a half-day workshop, and all 10 practices in an all-day training.

Expect a high-energy, inspiring keynote or training where you will gain insights and practical strategies to help you up your game regardless of your field.

## LEARNING OUTCOMES

- Understand the psychology behind the World ' s Best to fully take advantage of your mindset
- Learn how to access your unlimited supply of passion and purpose
- Gain practical tools and strategies to deal with adversity, mistakes and the unexpected
- Discover the biggest mindset mistake and how to avoid it
- Gain clarity of where you are going in your life and work and why
- Learn how to build your personal purpose statement to help you live and work with motivation
- Understand how to master your thinking to increase positivity to help you be at the best for your team and others

