

# Cindra Kamphoff

**Ph.D., CSP, CMPC**

KEYNOTE SPEAKER, AUTHOR, FOUNDER OF  
THE MENTALLY STRONG INSTITUTE

MENTALLY STRONG



# 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.

## The Confidence Habit

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 and grow confidence..

## 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.



“Cindra is one of the best in the business. Her ability to connect with people is exceptional.”

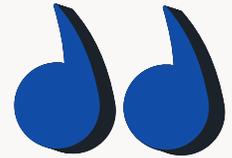
**Les Pico**

Director of Player Development,  
Minnesota Vikings

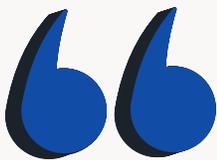
“Cindra is a household name in our firm. She has crushed her keynote talks with several immediate tactics to implement. Her book and study guide challenge our thinking and habits. Her podcasts are being used in our selection and leadership development processes to highlight our aligned values and philosophies. We are proud to have her as an ad hoc member of our team!”

**BJ Hellyer**

Managing Partner, Northwestern Mutual



“Cindra was AMAZING! Everyone loved her, she was super personable and kind. We bought a ton of books from her website and she brought the books with her instead of charging us shipping which she didn't need to do and was so nice of her. She signed every single person's book and everyone LOVED her content! Huge hit!”



**Katie Lewis**

Thrivent Financial

“Cindra's energy and passion is second to none. She brought a room full of construction works to a standing ovation. It was HUGE for my team.”

**Mike Hamel**

HMA Contracting, New York

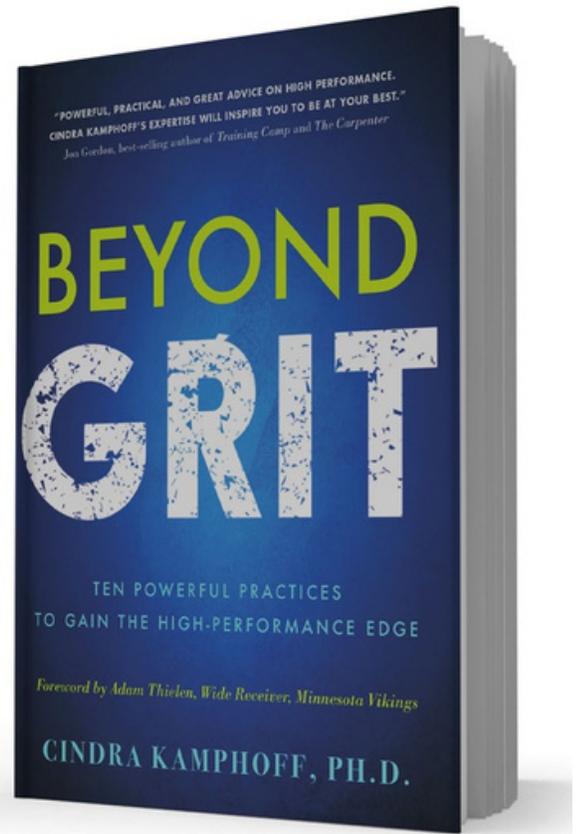


# BEYOND GRIT

## 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.

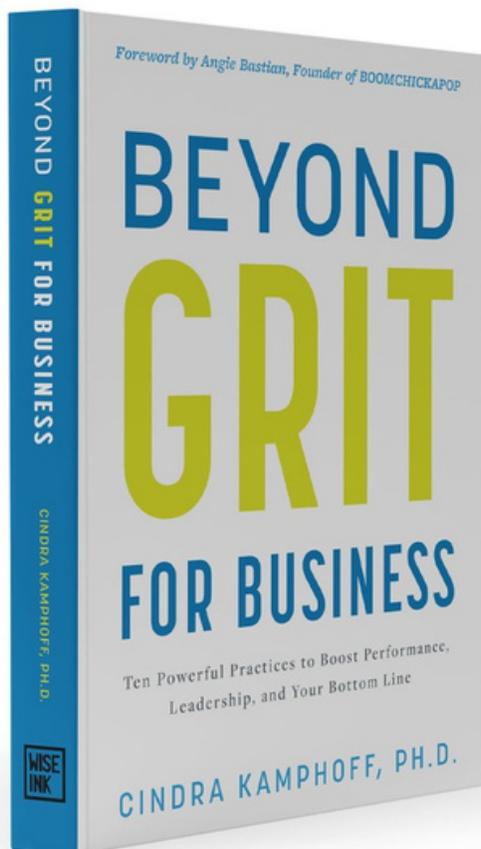


# BEYOND GRIT FOR BUSINESS

## 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.





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

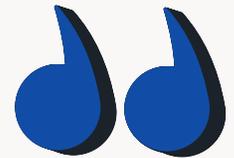
**Hendrie Weisinger**

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

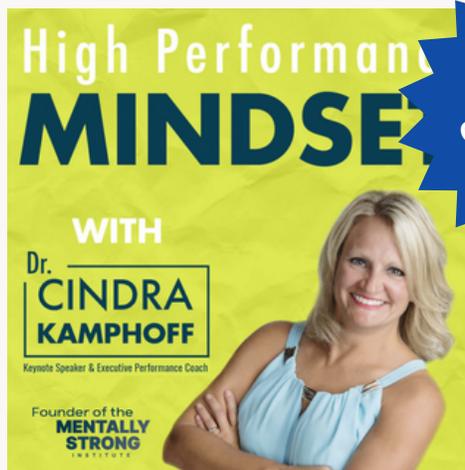
# LEADING EXPERT ON HIGH PERFORMANCE



## 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

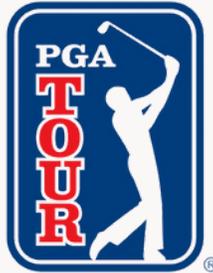
*Influential Podcast*

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...



Nationwide



Northwestern Mutual®

verizon✓





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