Dr. Cindra Kamphoff is a keynote speaker, marathoner, and professor who is a high performance coach for leaders, businesses and championship teams.

She helps them master their mindset so they can gain the high performance edge. She has a Ph.D. in performance psychology. She has spoken for some of the largest companies including Target, Wal-Mart, and Verizon Wireless.

Cindra also works with the Minnesota Vikings where she works individually with the players to help them train their mind.

Cindra published her first book in September titled ‘Beyond Grit: Ten Powerful Practices to Gain the High Performing Edge’ which is an Amazon Bestseller.

Today Cindra is going to share with us tangible strategies to help us grow our mindset.

Let’s welcome Cindra.