2020 Winter Trustee Conference

The High-Performance Mindset: Top Habits of the Most Successful

Cindra Kamphoff, Ph.D., CMPC
Sunday, Jan. 12
11 a.m. – 12 p.m.
Northland Ballroom
Dr. Cindra Kamphoff

Dr. Cindra Kamphoff is a keynote speaker and marathoner who is certified mental 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 has worked with the Minnesota Vikings for the last four years where she works with players one-on-one to train their mind for peak performance.

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

Cindra will share tangible strategies to help us grow our mindset.
**TOP 10 PRACTICES OF THE WORLD’S BEST**

1. **GET GRITTY**
   The world’s best know what they want and why they want it. In face of adversity and set-backs, they go after their goals with deep commitment.

2. **GET CLEAR ON YOUR PURPOSE**
   The world’s best know why they do what they do. They keep their “why” front and center. This purpose keeps them motivated and hungry when the going gets tough.

3. **MASTER YOUR THOUGHTS**
   The world’s best are intentional with their self-talk. They exhibit powerful, positive, and possibility-oriented thoughts focused on the process.

4. **KNOW YOURSELF TO MASTER YOURSELF**
   The world’s best understand themselves, their tendencies, and are in-tune with their thoughts, emotions, and actions. They know themselves to be successful.

5. **DOMINATE THE CONTROLLABLES**
   The world’s best dominate what they have control over - their attitude, preparation, and effort - instead of what they cannot.

6. **OWN THE MOMENT**
   The world’s best stay present moment focused. They recognize that they can't control the past or the future but they are empowered to reach their highest potential when they are engaged in the present.

7. **CHOOSE EMPOWERING EMOTIONS**
   The world’s best thrive because they regularly experience positive emotions. They know that when people experience 3 positive emotions to every 1 negative emotion, they flourish.

8. **OWN WHO YOU ARE**
   The world’s best make the conscious choice to show up as themselves every day and in every interaction. They know who they are and own who they are.

9. **LIVE AND LET GO**
   The world’s best know that people are not perfect. They are kind to themselves, let go of their mistakes quickly after learning from them and decide to live life full-out.

10. **CHOOSE YOUR COURAGE ZONE**
    The world’s best feel uncomfortable regularly. When we stay in our comfort zone, we don’t grow. High performers know that magic happens outside of the comfort zone.

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To learn more about the world’s best, visit [BEYONDGRIT.COM](http://BEYONDGRIT.COM)

To start working with Dr. Kamphoff, visit [CINDRAKAMPHOFF.COM](http://CINDRAKAMPHOFF.COM)