Dr. Amber Selking is a renowned mental performance coach, leadership development expert, and best-selling author who specializes in helping individuals and teams perform under pressure, build resilient mindsets, and lead high-performing teams.

With a PhD in Educational and Counseling Psychology, specializing in Applied Sport & Performance Psychology, Dr. Selking's doctoral work focused on positive psychology and the effects of brain functioning on performance. Her research explored key human performance topics such as leadership, mindset development, transitions, masculinity, and mental toughness.

Dr. Selking's expertise has been sought by elite sports teams, including Notre Dame Football, the Denver Broncos, and LSU, where she has worked to optimize player performance and foster team cohesion. In addition to her work in sports, Dr. Selking has partnered with Fortune 500 companies like Lippert Components to bring performance psychology and organizational leadership principles to the corporate world. She equips leaders with science-backed strategies for mental toughness, culture-building, and peak performance.

As a keynote speaker, Dr. Selking delivers high-impact presentations that inspire lasting change by empowering audiences with practical tools for success. Her keynotes focus on enhancing leadership, resilience, and overall performance—both personally and professionally. Whether she's working with athletes, executives, or organizations, Dr. Selking's approach is centered on the power of mindset to drive sustained success.

Dr. Selking's unique blend of psychological expertise and hands-on experience makes her a sought-after speaker and coach, inspiring individuals and teams to reach their fullest potential.