

## SPEAKING INTRO: Dr Amber Selking

Get ready to hear from one of the leading voices on what it takes to perform under pressure and build true championship cultures.

She is a mental performance coach, leadership development expert, and the founder of a performance group dedicated to helping teams and organizations build the mindsets that drive lasting excellence.

She holds a PhD in applied sport and performance psychology and has worked with powerhouse programs like Notre Dame and LSU Football, while advising leaders across global, Fortune-level companies.

Her science-backed approach helps athletes, executives, and teams stay focused, resilient, and confident when the stakes are highest.

Her work has shaped leaders in business, sport, and education, and her message is known for energy, authenticity, and practical tools that people can use immediately.

Please welcome **Dr. Amber Selking.**