

HERO MINDSET

Make extraordinary performance sustainable

About Dr. Becky Calder

Rebecca “Becky” Calder, Ph.D., is the creator of HERO Mindset, a leadership researcher, keynote speaker, retired U.S. Naval Officer, former F/A-18 combat pilot, and the first female pilot to graduate from the U.S. Navy Fighter Weapons School, commonly known as TOPGUN.

During more than 25 years of military service, Becky flew combat missions in Afghanistan and Iraq, accumulated more than 2,500 flight hours, and completed 421 carrier-arrested landings. Before taking to the skies, she played basketball at the United States Naval Academy, where she became the first woman to have her jersey retired.

After retiring from the Navy, Becky earned her Ph.D. in Organizational Leadership from Regent University. Today, she combines combat-tested experience, evidence-based research, compelling storytelling, and practical tools to help people build the inner capacities required to perform, recover, and thrive under pressure.

Signature Keynote | HERO Mindset: Make Extraordinary Performance Sustainable
What enables people to deliver extraordinary performance when the stakes are high—and sustain it without sacrificing their well-being?

Bringing audiences inside a defining combat mission that tested her in ways no checklist could prepare her for, Becky reveals the science of Psychological Capital and the four measurable, developable capacities at the heart of the HERO Mindset: Hope, Efficacy, Resilience, and Optimism.

Audiences leave with a new understanding of how these capacities shape their ability to pursue goals, respond to adversity, perform under pressure, and flourish—and how they can be intentionally developed. Extraordinary performance is not simply something to achieve. It is something we can build the psychological resources to sustain.

Each engagement is tailored to the audience, organizational context, and pressures its people face.

