

Wendy Borlabi

High-Performance Expert, Director of Performance and Mental Health for the Chicago Bulls

Playing at Your Peak: Performance Principles for Workplace Success. A seasoned sports psychologist who serves as director of performance and mental health for the Chicago Bulls, Dr. Wendy Borlabi shares new and customized approaches to high performance on the individual and team levels rooted in mission, purpose, and a deep understanding of mindset and its role in achievement. In this session, Dr. Borlabi opens audiences' eyes to the mental barriers that stand in the way of success and provides the same tools and strategies she has shared with elite athletes and Fortune 500 companies to help anyone in any industry adopt an athlete's mindset to identify strengths and weaknesses within themselves and their teams, set meaningful goals, capitalize on opportunities for innovation and growth, and challenge themselves to perform beyond their best when the lights are shining brightest.

Mindset Conquers Mood: Getting Your Head in the Game. Dr. Wendy Borlabi is a high-performance expert whose battle-tested strategies for enhancing workplace happiness and confidence have proven tried-and-true at the highest levels as the performance and mental health director for the Chicago Bulls and a former senior sports psychologist for the United States Olympic Committee. She's a sought-after mindset consultant for organizations looking to instill grit, perseverance, and ingenuity in their teams in order to spark high productivity and performance. In this talk, Dr. Borlabi arms leaders and their teams against self-doubt, imposter syndrome, anxiety, and all of the obstacles that begin in the head and stand in the way of success outside of it. She takes the same framework that has helped guide the Bulls to victory on the court and shows audiences steps for adapting those same mindset principles as teams and individuals to boost workplace happiness, find purpose in their work, and perform when the game is on the line.

The Collective Mindset: Psychological Elements of Leading Teams to Excellence. In a riveting session focusing on levelling up group dynamics within organizations and instilling a winning mindset in every member of the team, Dr. Wendy Borlabi highlights the psychological factors that directly impact success and provides valuable insights to help leaders elevate culture and orient their teams toward shared objectives while inspiring sustainable high performance. Drawing from close to two decades of experience working with elite athletes and zeroing in on the mental aspects of their games to bring out the best in their ability, Dr. Borlabi identifies the main causes of flawed team dynamics and provides step-by-step explanations for how leaders can build cohesion, foster mission-driven teams, challenge the people they are leading and themselves, and motivate the transformation of individuals' mindsets to spark personal and organizational success.