Rafi Kohan

Expert on Performing Under Pressure; Award-Winning Author & Journalist

The 5 Principles of Mental Toughness: How to Turn Stress into Strength In this engaging, research-grounded keynote, Rafi Kohan reveals the five core principles of mental toughness and shows audiences how to apply them to today's workplace. He pulls from years of reporting and hundreds of conversations with top performers to demystify what resilience actually looks like in high-pressure moments and teaches participants how to navigate stress with confidence rather than fear. Through humorous, behind-the-scenes stories of competition and challenge, Kohan outlines how to build daily habits that strengthen motivation, sharpen focus, and shift mindsets from threat to opportunity. Leaders and teams walk away with a clear, usable framework for performing at their best when stakes rise, and for creating a culture that supports both challenge and trust.

Unleashing Peak Performance: The Power of Grit and Mental Toughness Embark on an enlightening exploration of the psychology behind peak performance, guided by Rafi Kohan, author of the captivating and humorous book, "Trash Talk: The Only Book About Destroying Your Rivals That Isn't Total Garbage." Drawing from three years of in-depth interviews with over 200 professionals, including athletes, military officers, poker players, neuroscientists, and psychologists, Rafi shares profound insights into the secrets of peak performance and resilience. By unraveling the intriguing stories of the world's top competitors, Rafi unveils the mental fortitude and psychological strategies that consistently propel these high-performers to outshine their rivals.

Turning Stress to Success and Avoiding Burnout What drives individuals to excel, especially when faced with high-stress and demanding situations? Dive into the intricate world of science-based strategies for managing burnout and anxiety as Rafi Kohan provides a unique perspective on human behavior. Rafi shares insights and laughs as he recounts anecdotes from the world of professional sports, transcending mere entertainment to offer profound scientific insights and provide practical strategies grounded in science to transform stressors into catalysts for new levels of success.