

Dr. Wendy Borlabi

High-Performance Expert & Former Sport Psychology Consultant for the Chicago Bulls

Be Unstoppable: Play at Your Peak. In this keynote, Dr. Wendy Borlabi will unpack what it means to play at your peak and unlock your full potential. Dr. B is a renowned sports psychologist and a mental performance expert who serves as a sport psychology consultant for the Chicago Bulls. Building on her experience working with professional sports teams, Olympic athletes, and Navy Seals, Dr. B will explore the core elements of high achievement, including: **Mastering Mindset:** Understanding the difference between attitude and emotion to sharpen leadership decisions. **Stretch Goals & Growth:** How to recognize when you're playing too small and create career-defining goals that challenge you. **Unlocking Peak Performance:** How to leverage your superpowers and apply learnings from female athletes to succeed in the workplace. This dynamic session will inspire attendees to tap into their full potential, adopt an athlete's mindset, and become truly unstoppable in their leadership journeys.

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 sports psychology consultant 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 leveling 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.