



# PIERS KOWALSKI

RESILIENCE | LEADERSHIP | CULTURE | PERFORMANCE

## The human

A dedicated parent and spouse, former competitive athlete and coach, and engaging public speaker. My personal philosophy of "Be steady & Break the mold" shows up in everything I do.

## The impact

My work is about more than performance psychology, more than improved productivity and outcomes - it is about human development.

I change lives by focusing on the people within the performance. Self-discovery and mindset training help to build and unlock the innate capacity and potential within each of us. Team, department, and organizational consulting helps leaders invest in the hard work of developing a high-performance culture that supports the well-being and thriving of it's people. These transformations require deep, internal work that is challenging, but also necessary and rewarding.

## The credentials

- M.A. Kinesiology, Sport Psychology
- Certified Resilience Trainer
- 10+ years' experience in military, sport, corporate, and healthcare settings

## Philosophy & Approach

- Growth happens outside your comfort zone. The intent of my work is growth, so expect to be challenged. Embrace the discomfort..
- High-performance culture starts with leadership. Everything you want your people to embody must first be modeled at the top.
- The link between mental health, thriving, and high performance is our ability to control our attention - that requires training.
- There are no hacks or short-cuts, but there are principles and skills to be learned and practiced.
- Increased knowledge and behavior or culture change are unique goals and require different investments and intensities of work.

## Popular workshops & keynotes

- Leading high-performance culture
- Personal philosophy: why you need it and how to develop it
- The art and science of human motivation
- Too much stress isn't the problem
- Understanding and creating psychological safety
- Accessing Flow State shouldn't be an accident
- Understanding transgender inclusion: a personal perspective

## Method & means

- Small and large group training & workshops
- Individual coaching and consulting
- Keynote speaking
- Virtual, fully-digital, and in-person
- Always engaging, research-driven, agile, and adaptive

## The most common comment

” This changed my life...  
I wish I had it sooner.