



# Leadership Development & Mental Performance

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Olympic Athlete · Mental Performance  
Expert · Executive & Team Coach



— ABOUT

# Cristina Fink

**Cristina** is a leadership development and mental performance expert who helps individuals and organizations achieve sustainable growth and high performance. She brings a unique blend of experience from elite sport and the corporate world.

A former Olympic athlete who competed in two Olympic Games, Cristina has worked with Olympic medalists, world champions, professional sports teams, and senior leaders across global organizations. In the corporate space, she designs and delivers coaching programs for leaders from emerging talent to executive level.

Her coaching creates safe, high-trust environments where people can explore who they are and how they show up. Focusing on values, behavior, and resilience, Cristina helps clients move beyond surface behaviors to create conscious, sustainable change under pressure. She is deeply passionate about people, development, and performance.





## Qualifications

- ✓ Doctoral Degree in Psychology
- ✓ Master of Science in Performance Psychology
- ✓ Bachelor of Arts in Psychology
- ✓ Bachelor of Science in Family and Consumer Resources
- ✓ Certificate in Diversity Equity and Inclusion
- ✓ Certificate in Anti Racism
- ✓ Certificate in Neurodiversity Pedagogy and Practice  
Lumina Practitioner



## Areas of Expertise

- ✓ High Performance Coaching
- ✓ Performing Under Pressure
- ✓ Team Communication and Team Development
- ✓ Mental Preparation and Goal Setting
- ✓ Resilience
- ✓ Leadership and Leader Development
- ✓ Culture Change
- ✓ Executive Coaching for Transitions
- ✓ Executive and Team Coaching for Change



# Case Studies by Sector

## Technology & Communication Sector

Culture change initiatives through executive and team coaching, workshops, and development interventions across all organizational levels.

**Impact:** Increased leadership effectiveness, promotions to higher roles, and measurable improvements in accountability, trust, growth mindset, connection, and psychological safety.

## Nutricional Sector

Executive and team coaching to support organizational change, including leadership transitions and the shift to agile ways of working.

**Impact:** Happier and more productive employees, stronger cross-functional collaboration, and increased employee and customer engagement.





## Pharmaceutical

Culture change and growth acceleration through workshops spanning frontline teams to C-suite leaders, focused on mindset, accountability, and cross-functional effectiveness.

**Impact:** Improved leadership effectiveness, organizational restructuring, and increased productivity to exceed business growth targets.

## Hospitality Sector

Executive and team coaching for senior leaders to enhance individual value and collaboration across functions, driving business growth.

**Impact:** Increased leadership effectiveness and organizational restructuring to streamline teams and exceed productivity and growth targets.

## TESTIMONIALS

# Transformative clients experience

“

Cristina delivered by creating a safe environment where people felt free to explore and be true to themselves and others. Her attention to detail and listening skills were key during our sessions. It will certainly help our team set priorities. It will strengthen the connection between our leaders and their teams.

”

**Senior Leader  
Nutritional Sector**

“

My coaching experience with Cristina has been exceptional. She created an environment where I felt supported and challenged. This allowed me to step back with critical issues and allowed me to critically appraise my leadership. It also allowed me to ask for feedback and be open to the feedback I received.

”

**Director,  
Hospitality**

## TESTIMONIALS

“

Cristina is able to get you to become more aware of the things that move you. I was in a situation where I wanted to have more information on feedback that was not available. Cristina helped me to focus on my behaviors and what I could control and the impact rather than the intention I had with a group in the organization. Her kind, empathic and direct approach were immensely helpful.

”

**Senior Leader,  
Engineering Firm**

“

Covid unexpectedly created numerous challenges, and we had to come up with new unprecedented protocols for our department. Cristina was able to have an impact on our team with one-on-one coaching as well as virtual workshops that were impactful for the entire team. She helped our team thrive and made important contributions in this unanticipated environment.

”

**Senior Leader,  
Education**

## TESTIMONIALS

“

Cristina Fink is an Olympic athlete and mental performance expert whose consulting work has been exceptional in both the sports and corporate arenas. Her ability to translate high-performance sports methodology into the corporate environment has enabled her to support executives and leaders in high-demand contexts.

Her approach to high-performance coaching and advisory services translates into practical solutions that strengthen performance, skill development, and the achievement of strategic objectives—especially in situations that require outstanding performance.

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**Horacio de la Vega,**  
President of the Mexican  
Baseball League

## TESTIMONIALS



Cristina Fink is the best mental performance coach I've worked with in my 15+ years as a sports executive. She has been instrumental in supporting, mentoring, and guiding coaches and athletes in the organizations where I've held leadership roles in Major League Soccer, and with the clubs we own and operate in Europe within the Trivela Group multi-club network. She understands how to connect with people on a personal and professional level to help them reach their highest potential whether it's in the boardroom, on the sidelines, or on the field competing.



**Matt Jordan,**  
Trivela Group



Dr. Fink effectively engages diverse audiences, from developing athletes to senior business leaders, adapting her approach to each context and level. Drawing on her leadership experience, she helps leaders create environments of high expectation and high support that enhance both well-being and performance.

Her work combines wisdom, creativity, and practicality, with a lasting impact that continues to inform clients' professional and personal practices long after programs and workshops conclude.



**Kimberly Cassidy,**  
President, Bryn Mawr  
College

## TESTIMONIALS



Working with Cristina over many years in Philadelphia with countless developing professional players and staff gave me the confidence to introduce her to our team in Hartford this year and her work with us coincided with a trophy push and the clubs best string of performances in its history. The mental side of the game is extremely important; our players and staff put our trust in her and saw the benefits of entering competition week in and week out with a clear mind and focus that allowed us to compete at the highest level we could.



**Brendan Burke,**  
Hartford Athletic Football  
Club



Cristina Fink is the best psychologist I have come across in high performance professional sport. Through genuine connection and unwavering support, she became more like my top assistant coach with the Philadelphia Union. Cristina was a guiding force for our team, and the fact that she was an elite athlete herself made the players embrace her immediately. Earning the trust of every player, she helped us unlock our true potential, both on and off the field.



**Jim Curtin,**  
Former Philadelphia Union  
Head Coach



# THANK YOU

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