



Cristiana Pincioli

High Performance Consultant
Speaker • Author • Mentor



I am passionate about realizing the human potential.

—CRISTIANA PINCIROLI

Developing Human Potential in Every Individual

A native of Sao Paulo, Brazil, **Cristiana Pincioli is a high-performance expert, businesswoman, and author** of *Sport: A Stage for Life – How to Connect with the Touchstones of Elite Performance and Personal Fulfillment*.

With **deep experience in both high-performance sports and high-performance business**, she has a unique perspective and knows the challenges, the frustrations, the successes, the failures; the crowds and the loneliness... **the whole journey**.

Cristiana works with both leaders and athletes to create the right environment and the right mindset to realize human potential.

She lives for high performance – and mental health is key for that. In any arena, not just in sports. Cristiana is passionate about **realizing the human potential**. She knows that each of us has potential within, waiting to be realized. She is dedicated to guiding and supporting those who seek a **fulfilling life of excellence and happiness**.

HIGHLIGHTS

- Captain of the Brazilian women's National Water Polo team for 13 Years, playing professionally in Italy for 4 years
- Selected for the World Star Team, and one of the top goal scorers, at the World Championships in Perth, Australia, 1998
- Winner of the Champions Cup with Orizzonte Catania, Italy, 1994
- Bronze medalist at the Pan American Games in Winnipeg, Canada, 1999
- 25-year career with the market-leading Latin American retail bank, Itaú Unibanco
- Founder of WeTeam, a consultancy focused on the development of leaders and human potential – a key to unlock your personal excellence
- Author of the book: *Sport, a Stage for Life* (English and Portuguese), four times award-winning book
- Happiness Certified Trainer



HIRE CRISTIANA TO SPEAK:

crispincioli@weteam.today | 786-527-5116

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Engaging Talks

Maintaining Sustainable Performance in Sports and Business

Cristiana shows you how to foster excellence through choices, sustain top performance, and increase awareness of the key emotional triggers for success. Strategies include the genius of “and” in high performance and wellbeing; the power of connections in our lives; and the importance of the recovery zone.

Leadership Secrets: Promoting the Elite Athletes’ Best Self

Cristiana shares insights, tools, and best practices, from both science-based research and world-class athletes, to build our mental fitness and expand our emotional skills. She highlights the importance of embracing challenges and growing from them. This is an opportunity to develop new perspectives that drive a happy, fulfilling, and successful journey.

From Inspiration to Action: Creating the Foundation for Human Potential to Flourish

Inspired by high-performance sports, Cristiana demonstrates how leaders can set a foundation and promote an environment where the individual’s strengths can flourish, and be a powerful, direct influence on developing the collective potential of a team, and achieving a common goal.

Accolades

Cristiana is an important part of not just athletics, but to leaders and anyone who wants to make a true difference and evolve into the best version of themselves.

TODD RUBINSTEIN

2018 USPTA National High School Coach of the Year

Cristiana shares stories from athletes at every level – from finding meaning and guidance to gathering the strength to push past boundaries both in sport and in life.

ASHLEIGH JOHNSON

American Two-Time Olympic Gold Medalist in Water Polo

Cristiana demonstrates that if we pursue our goal with appreciation for everything we do, savoring every step of the daily routine, at the end of the journey lies a wonderful reward that will be worth every drop of sweat and dedication!

MARCELO “MARCELINHO” TIEPPO HUERTAS

Two-Time Olympian, Former NBA player with the LA Lakers, Captain of the Brazilian National Team

HIRE CRISTIANA TO SPEAK:

Cristiana Pincioli is available for keynotes, workshops, podcasts, and print/broadcast media interviews.

Cristiana Pincioli, WeTeam

WeTeam.today/book

Email: crispincioli@weteam.today

Phone: 786-527-5116

YouTube: [@weteam-crispincioli](https://www.youtube.com/@weteam-crispincioli)

LinkedIn: [@cristiana-pincioli](https://www.linkedin.com/in/cristiana-pincioli)

