



hello@northofneutral.com

## bio • renita kalhorn

Renita Kalhorn is an executive coach who specializes in working with entrepreneurs, executives and elite teams in high-pressure environments.

Leveraging her experience as a Juilliard-trained concert pianist and a first-degree martial arts black belt, she equips these “athletes of business” with the performance mindset they need to consistently stay on top of their game.

Renita focuses on self-mastery as the key to peak performance and leadership. Following her “Seven Habits of High-Performers” system, clients create a strategic game plan to develop singular focus, confidence and resilience – dramatically increasing their productivity and ability to perform under pressure.

Renita has delivered leadership training programs in the U.S. and Asia for Fortune 500 clients such as Deutsche Bank, Pfizer, Astra-Zeneca and Time Warner and worked directly with individuals and executive teams at Optimum Nutrition, NASA, Accenture and Bloomberg. She also mentors Navy SEAL candidates in mental toughness.

As the creator and host of the annual Mental Toughness Summit, she’s interviewed dozens of thought-leaders and experts in motivation, mindfulness and mental toughness ranging from sports psychologists and New York Times best-selling authors to Paralympians and Navy SEALs.

Fascinated by cross-cultural differences, Renita lived in Italy, France and Japan over the course of a decade, and is fluent in Japanese. Previously, she gained 15 years of general management and business development experience, working closely with CEOs in healthcare, finance and technology. She has a bachelor’s degree in music performance from The Juilliard School and an M.B.A. from INSEAD.

Renita’s personal maxim is “always be learning” and her weekly routine revolves around a variety of interests, from kickboxing and hiphop dance to brushing up her French and Rachmaninoff.

