



I am a High-Performance Business Psychologist and Professional Confidante.

Dr Robyn Odegaard

My graduate work is in Business Psychology with a concentration in high performance and sport.

I have been working with founders and executives from start up to exit and beyond and people who are the face of their brand (surgeons, lawyers, pro athletes, celebrities, etc) for fifteen years.

I understand the intense feeling of isolation and intellectual loneliness that comes with success and the real-life complexities and competing priorities that are unique to people in those situations.

My concierge business model has been designed specifically to support clients who have excessively fast paced and often global lives. Each client gets an individual ringtone in my phone so we can talk as a situation is unfolding – not a week from now at their next appointment.

It is not uncommon for me to have a brief text conversation with clients several times a week. We talk about everything, personal and professional. There is no such thing as TMI.

Without getting into a list of “this is how I help” here are some key benefits clients have told me they got from working with me:

- Enhanced emotional resilience, grit and wellbeing – happier and less stressed
- Increased self-awareness – conscious knowing
- Improved communication and conflict resolution
- Upgraded relationship management skills
- Adaptability and innovation through change
- Critical thinking under stress
- Burn hot. Burn fast. Don't burn out.

As one client shared, “I feel like I'm paying you to be my best friend but you're so d*** good at it I can't even be mad.”

There is more about me on my website (MentalMacGyver.com) and my LinkedIn: <https://www.linkedin.com/in/robynodegaard/>

But better than that is a real conversation. Feel welcome to share my email address (DocRobyn@ChampPerformance.com), cell number (732-421-5170) and calendar link: https://calendly.com/docrobyn/hello_convo

