

A woman in a dark blazer and light-colored skirt stands at a podium on a stage, addressing an audience seated at round tables. The stage is lit with blue spotlights, and the ceiling features a grid of blue-lit panels. The background is dark, with a piano visible on the right side of the stage.

# AMP<sup>⚡</sup>D UP

## PERFORMANCE

**EVELINA BERENI**

Speaker on **Sustainable  
High Performance**

# AMP'D UP

## PERFORMANCE

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Hey there,

Have you noticed that as work gets more automated, your recovery moments are disappearing? We are doing A LOT less admin... but our brains are doing FAR MORE heavy lifting in the same eight hours. To sustain this pace, people need energy.

***So where exactly is that extra energy supposed to come from?***

Let me let you in on something (it's hardly a secret... it's backed by decades of solid research). The sustainable future of work depends on a kind of energy you may not have a name for... but you've definitely felt it. It doesn't come from sleep, food or exercise. It has nothing to do with yoga or meditation.

It comes from every single moment we spend engaging with other people. Every interaction either gets us **AMP'D UP™** with more capacity to be brilliant - or nudges us closer to packing up and moving to a saffron farm.

The future of work belongs to the people who are *DESIGNING* those moments instead of leaving them to chance.

Let me show you how.

Cheers,

Ev

EVELINA BERENI

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## ⚡ AMP'D UP™ MUSICAL KEYNOTES

Evelina's keynotes are built to fit your program and lift the energy in the room. Whether you need a sharp, high-impact 45-minute spark or a deeply immersive 90-minute experience, there's an option to match your moment.

Every session is tailored following a thorough briefing, drawing on Evelina's AMP'D UP™ methodology, live musical moments, and practical real-world insight so your audience walks away energised and ready to apply what they've learned immediately.



## ⚡ AMP'D UP™ NETWORKING

If networking is on your agenda, let's make it more than polite small talk. Evelina brings the principles from her AMP'D UP™ keynote to life in a high-energy, guided experience that sparks genuine momentum through conversations that actually matter.

These interactive sessions help participants build rapport fast, create energising and purposeful connections, and practise the behaviours that strengthen trust and collaboration. People leave clearer, more confident, and better equipped to build relationships that lift performance back in the workplace.

# KEYNOTE THEMES & TAKEAWAYS

## The Tempo of Work Feels Relentlessly Busy But Momentum Has Stalled

Are your people constantly busy, yet progress feels slower and heavier than it should?

— What gets attention gets amplified. Over time, friction compounds faster than momentum. High-performing teams deliberately turn up the volume on what's already working because that's how progress crescendos without anyone pushing harder.

**"Direct attention where you want momentum."**

## Team Performance Is All Over the Show

Does your team nail the performance one week, then lose the plot the next – even though their talent hasn't gone anywhere?

— A leader's energy has a disproportionate impact on team performance. What they bring into the room either lifts the ensemble or drains it – and that shows up as inconsistent execution, even from capable people. Leaders who manage their own presence create the conditions for everyone else to stay sharp and delivery consistently when it matters most.

**"Your energy is contagious. Spread something worth catching."**

## Negativity Lingers And It's Slowing Everything Down

Does gossip, cynicism, or low-grade tension hang around like a bad smell?

— Negative energy spreads faster than positive energy, and silence doesn't neutralise it...it amplifies it. When leaders let negativity linger unchallenged, it legitimises the mood. High-performing teams don't ignore negativity or drown it in fake positivity. They address it directly, reset the tone, and get back in rhythm.

**"You don't have to attend every fight you're invited to."**

## People Are Burnt Out Despite All The Tools

Are your people running on empty even though you've invested in better tech to make work easier?

— AI removes natural mental breaks, and when teams operate in transactional mode (quick updates, task handoffs, back-to-back meetings) they drain their battery faster than they can recharge it. Energy comes from genuine exchange with the people around us. That's why high-performing teams build real connection into their rhythm, and it shows up as better retention, faster recovery, and sustained performance.

**"We're humans, and humans recharge through connection with other humans."**

## Hard Conversations Are Being Delayed Or Avoided

Are people choosing silence, politeness, or "let's circle back" instead of addressing what actually needs to be said?

— Avoidance feels safer in the moment, but over time it destroys trust and cohesion. The teams that perform best don't avoid discord – they repair quickly. When feedback happens early and harmony is restored fast, relationships strengthen and everyone benefits.

**"Trust isn't built by getting it right. It's built by making it right."**

## Teamwork Feels Harder Despite All The Culture Initiatives

Does collaboration require more effort, more meetings, and more energy than it should even though you've invested heavily in building culture?

— People have perfect pitch for when positivity is an act instead of genuine. When leaders blend authenticity with realistic optimism, the way we engage becomes a source of energy instead of dissonance.

**"Don't confuse forced harmony with a healthy culture."**

# ⚡ THE NERDY STUFF

As well as being a musician and psychologist, Evelina is a total nerd. That's why her sessions (though fun) are anchored behavioural science and especially in what psychologists call **Relational Energy**.

**TL;DL: Relational Energy** is the energy people experience through interactions with others. It is created (or depleted) in everyday moments — conversations, meetings, feedback, decisions — and research shows it is one of the **strongest predictors of individual, team and organisational performance**.

## WHY DO YOUR PEOPLE NEED TO KNOW HOW TO WIELD THIS SUPERPOWER?

### Because energy spreads.

- Positively energising leaders lift not just individuals, but entire networks of people through a ripple effect.

### Because it grows with use.

- Relational energy is the only form of energy that increases the more it is given.

### Because it outperforms influence and expertise.

- A leader's impact on energy predicts performance better than authority, information or technical skill.

### Because it can be measured and improved.

- Relational energy is observable, trackable and developable, not vague or intangible.

### Because it's not about personality.

- You don't need to be charismatic or extraverted. Energising others is a learnable set of behaviours.

### Because negativity already has momentum.

- Without intentional positive energy, stress and negativity dominate by default.

### Because leaders shape energy whether they try to or not.

- Every interaction either expands or depletes capacity — leaders are always setting the tone.

### Because it's the fastest lever for results.

- Small changes in energising behaviour produce outsized gains in engagement, learning and performance.

# 🎵 THE MUSIC BEHIND THE METHOD

Evelina performs live on piano, vocals, and ukulele throughout her keynote making her audience experience the principles she's teaching for themselves in real-time. Music moves us. When used with science, it moves us to ACTION. Emotion drives retention. Research shows that emotionally charged moments create stronger neural connections.

It amplifies the room. Whether opening or closing your conference, live music shifts the energy immediately. People leave informed AND energised. Evelina will work with you to nail the perfect blend of science and stagecraft based on your people and the type of event.



Evelina's **AMP'D UP™** framework gives your leaders six practical behaviours that will amplify their team's performance immediately.

She customises each keynote around the 2-3 Keys your organisation needs most – so your people walk out knowing exactly what to do differently.

# AMP'D UP™ FRAMEWORK

**THE SIX SCIENCE-BACKED KEYS**  
that unlock the energy and capacity  
required for excellence without burnout.

**A**mplify what works.

Create positive momentum and rhythm by focusing attention where it has the greatest impact.

**M**ake it real.

Build trust and engagement through authentic leadership, not forced harmony.

**P**ut it right.

Restore confidence and psychological safety quickly when things go wrong, bringing teams back in sync.

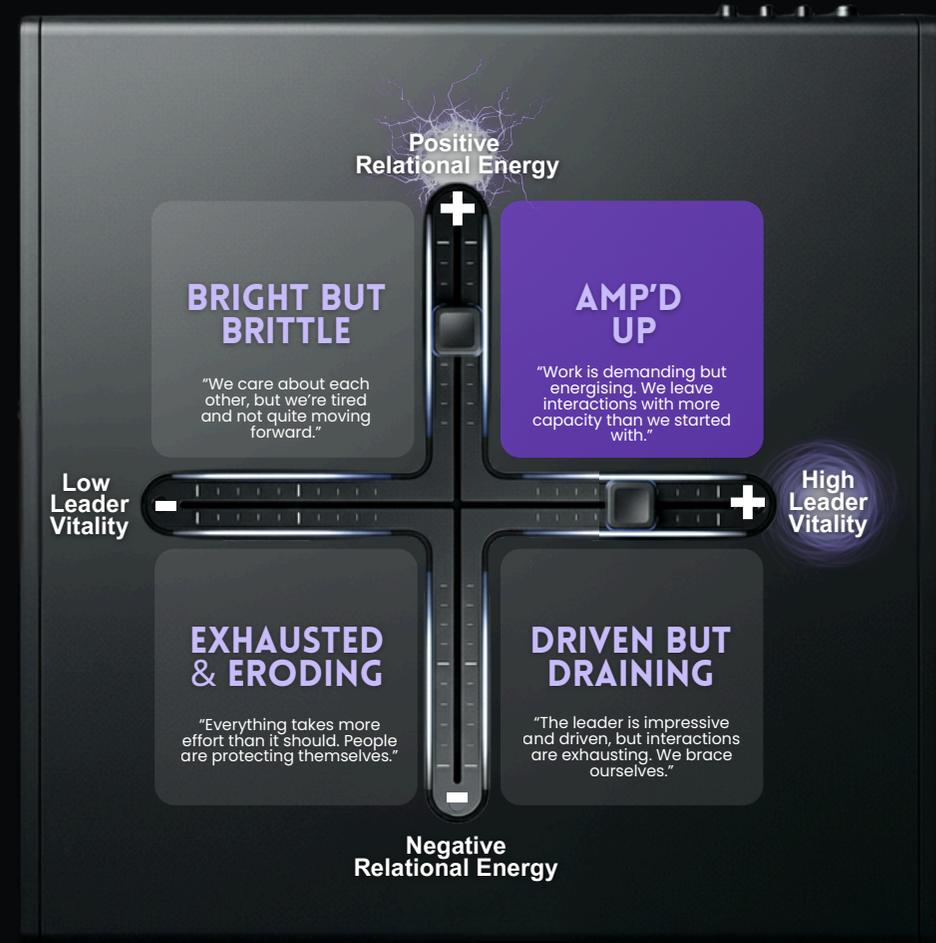
**D**irect the energy.

Lead with greater awareness of personal energy and tone, and the effect it has on performance.

**U**nrush to connect. **P**ersonal impact.

Slow the tempo to strengthen connection and alignment, even when pressure is high.

Take responsibility for personal impact, tuning their leadership style through greater self-awareness.





“Feedback from delegates consistently highlights her as a conference favourite.”

– LEVERAGE MANAGEMENT SOLUTIONS –

“The feedback from our team has been overwhelmingly positive.”

– GRANT THORNTON –

“I received so much feedback that people loved Ev's energy and style!”

– WESFARMERS HEALTH –

“What sets Evelina's approach apart is the perfect blend of high-energy facilitation and scientific methodology.”

– BHP –



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# LET'S MAKE YOUR EVENT UNFORGETTABLE

When planning for your event, make sure your speaker covers off the following criteria to help make it a success for your people or delegates. Here are some questions to you might like to ask:

- Will you provide practical takeaways and activities participants can try out as soon as the session finishes?
- Will the session be interactive and will my people have fun?
- Do you have no fluff policy with content rooted in extensive, peer-reviewed research that isn't boring and dry?
- Do you adapt your keynote to my event and offer immersive breakout sessions to go deeper on the content?
- Do you provide teaser reels tailored to my conference theme so people get AMP'D UP event before the conference begins?
- Are you happy to be at your event all day instead of sneaking off straight after your session?
- Do you have extra tricks, activities or songs in case another speaker is delayed or cancelled?
- Can you help me with an interactive networking experienced that builds connection between delegates without awkward peacocking?
- Will your keynote be different and memorable in a good way?

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