



AMP[⚡]D UP
PERFORMANCE

EVELINA BERENI

Sustainable High
Performance

AMP'D UP PERFORMANCE

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 fuses behavioural science with live music to help your people master the most powerful, learnable predictor of team performance - Relational Energy.

Through her tailored sessions (from 45-minute sparks to 90-minute immersions) Evelina uses her AMP'D UP™ methodology to show leaders how to sync their teams for peak performance without pushing them into burnout zone.



⚡ 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.



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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."

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."

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."



⚡ KEYNOTE THEMES & TAKEAWAYS

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 deliver consistently when it matters most.

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



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."

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, 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."

AMP'D UP™

METHODOLOGY

⚡ THE SIX SCIENCE-BACKED KEYS

that unlock the energy and capacity required for excellence without burnout.

Amplify what works.

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

Make it real.

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

Put it right.

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

Direct the energy.

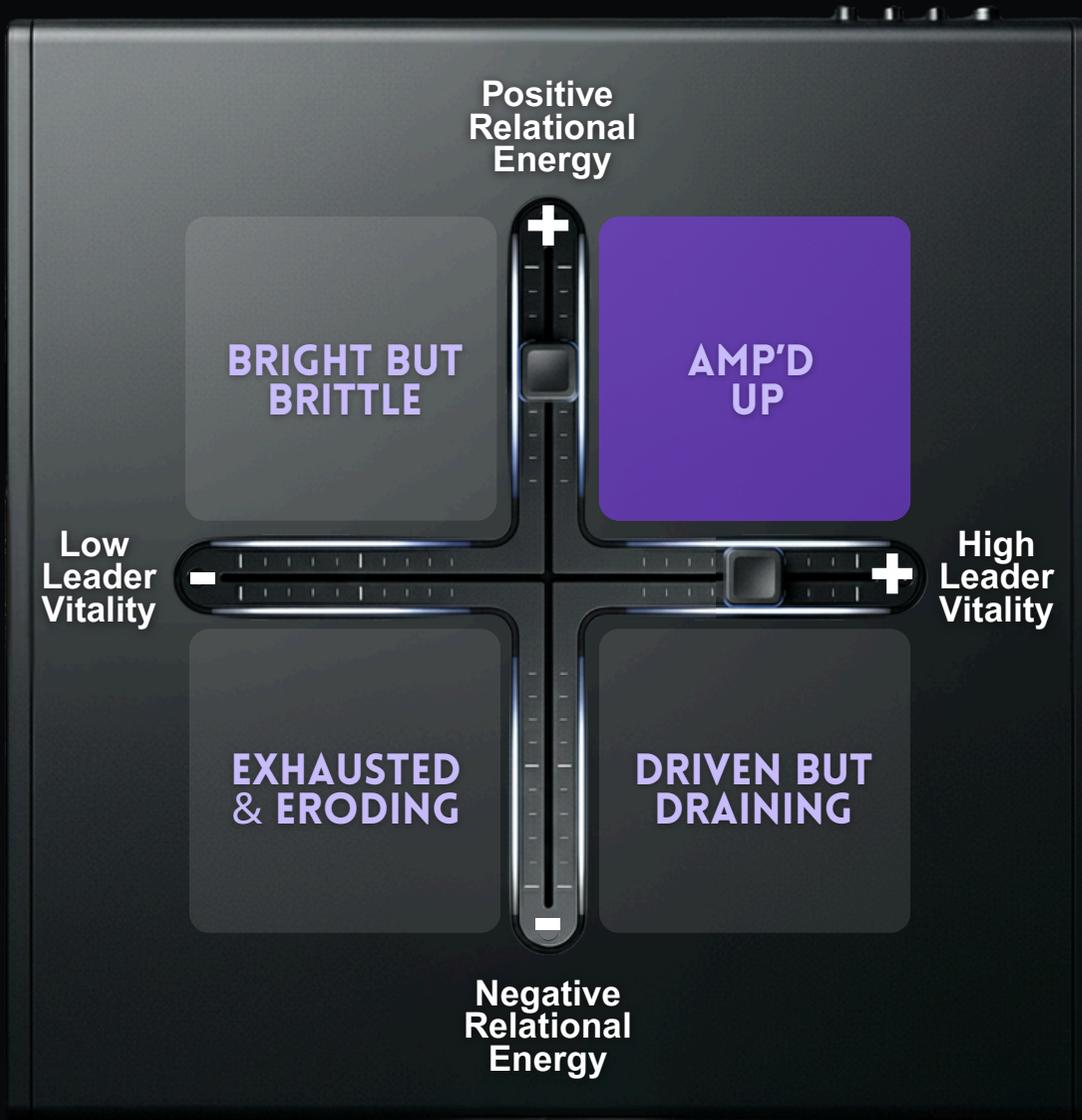
Lead with greater awareness of personal energy and tone, and the effect it has on performance.

Urush to connect. **P**ersonal impact.

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

Take responsibility for personal impact, tuning leadership behaviours to what the moment requires.

⚡ WHERE IS YOUR TEAM CURRENTLY TUNED?



Evelina's AMP'D UP™ methodology gives your leaders the practical keys that lift performance fast.

And since every company is wired a little differently, she tailors each keynote to the two or three Keys your people needs most right now, so they don't just walk out inspired, they walk out knowing exactly what to do differently on Monday.

“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

To help make sure your event is a success, Evelina will:

- give your people practical tools and simple activities they can use immediately, because insight without application is just intellectual entertainment.
- make the session interactive, energising, and genuinely fun, the kind where people are thinking hard and laughing in the same hour.
- deliver zero fluff, science backed content grounded in serious peer reviewed research, translated into language that actually makes sense and keeps people awake.
- tailor the keynote to your event and, if you want to go deeper, run immersive breakout sessions that turn big ideas into lived experience.
- create teaser reels aligned to your conference theme so your audience arrives curious, primed, and already AMP'D UP before day one.
- stay for the day, connect with your people, and be fully present at your event instead of disappearing the moment the mic switches off.
- come prepared with extra tools, micro activities, and yes, even a song or two, so if the schedule wobbles the energy does not.
- design interactive networking experiences that build real connection fast, without forced small talk or awkward peacocking.
- deliver a keynote that feels different, memorable in the right way, and talked about long after the conference lanyards come off.

A woman with long dark hair, wearing glasses and a dark, sequined blazer over a black top and a patterned skirt, is speaking on a stage. She is holding a small black device in her right hand and gesturing with her left. A grand piano is visible behind her.

 **BOOK EVELINA**

ENCORE

THE FINEST BUSINESS SPEAKERS

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