



Dr. Nina Psenicka

SPEAKER KIT · EXECUTIVE KEYNOTES

When Performance Cannot Fail

How organizations stay stable under pressure
and make sound decisions.

Dr. Nina Psenicka

Oral Surgeon · Executive Keynote Speaker · Best-Selling Author
Founder of Leistungsarchitektur® (Performance Architecture)
and Gesunde High Performance® (Healthy High Performance)



“Pressure tests systems – not people.”

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Lessons from systems where mistakes have real consequences

1,000+

Keynotes and lectures

15

Medical and dental
associations in Germany
and Austria

15,000+

Employees at a single
executive keynote

EM

European Physicians'
Fencing Champion

SHORT BIO · FOR INTRODUCTIONS

Dr. Nina Psenicka is an oral surgeon, executive keynote speaker and best-selling author with Wiley-VCH. As the founder of Leistungsarchitektur® (Performance Architecture) and Gesunde High Performance® (Healthy High Performance), she shows boards, executives and organizations how performance stays stable under pressure and decisions become sound – using principles from the operating room, elite sport and high-risk systems.

FULL BIO · FOR PROGRAMS & PRESS

Dr. Nina Psenicka is an oral surgeon, former university senior physician and head of department. Senior surgical roles took her to London, Zurich and Frankfurt – environments in which decisions must be made under time pressure and uncertainty, and where mistakes have real consequences.

From this experience she developed two concepts: **Leistungsarchitektur®** (Performance Architecture) shows how organizations must be built so that performance stays stable under pressure. **Gesunde High Performance®** (Healthy High Performance) focuses on the people within the system – on energy, focus and recovery as the foundation of sustainable performance.

She has delivered more than 1,000 keynotes and lectures, has lectured for many years for 15 medical and dental associations in Germany and Austria, and most recently addressed the board and 15,000+ employees of Techniker Krankenkasse, one of Germany's largest health insurers. She is an author with Wiley-VCH ("Gesunde High Performance®", "Gesunder Erfolg ist planbar"), a business columnist for ZWP and has been profiled in Forbes. As European Physicians' Fencing Champion and a passionate climber, she knows high performance from personal experience.

Three ways to keep performance stable under pressure

KEYNOTE · ORGANIZATION

Leistungsarchitektur®

Performance Architecture

How organizations must be built so that performance stays stable under pressure.

- Why performance fails because of the system, not the individual
- Making sound decisions under pressure
- Principles from the OR, elite sport and high-risk systems

KEYNOTE · PEOPLE

Gesunde High Performance®

Healthy High Performance

How people stay high-performing, healthy and decisive over the long term.

- Energy, focus and recovery as performance factors
- Peak performance without burnout
- Health as a performance factor, not its opponent

MASTERCLASS · 1-2 DAYS

Sustainable Performance Under Pressure

Both systems combined – embedded in your organization.

- Analysis: where the system is vulnerable under pressure
- Measures for structures and decisions
- Personal strategies for high performance

	KEYNOTE	MASTERCLASS
Duration	45–60 minutes	1–2 days
Participants	50 to 15,000+	up to 25
Languages	English & German	English & German
Format	Tailored to industry, leadership level and occasion	

TYPICAL OCCASIONS

Leadership conferences

Board & strategy retreats

Kick-offs & annual meetings

Congresses & industry events

Healthcare & life sciences

Change & transformation

As seen in

REFERENCE

Executive keynote “Wenn Leistung nicht ausfallen darf”

for the board and 15,000+ employees of Techniker Krankenkasse, one of Germany's largest health insurers · 26 August 2026



HOW WE WORK TOGETHER

1 · Briefing call

30 minutes on the goals, audience and context of your event.

2 · Tailoring

The keynote is adapted to your industry, leadership level and occasion.

3 · Keynote

Optionally with impulses that anchor the impact in everyday work.

BOOKS (IN GERMAN)

- **Gesunde High Performance®** · Wiley
- **Gesunder Erfolg ist planbar** · Wiley
- **Leistungsarchitektur®**
- **Die Hochleistungs-Trilogie** · 3 volumes

TECHNICAL REQUIREMENTS

- Headset or wireless microphone
- Projector/LED wall 16:9, HDMI
- Presentation clicker
- Confidence monitor, if possible

CONTACT & BOOKING

Let's talk about your event.

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Confidential inquiry – you will receive a personal reply within 48 hours.

High-resolution press photos and logos are available on request.