



DR. KARLA STEINGRABER



LICENSED CLINICAL PSYCHOLOGIST
IMGCA CERTIFIED MENTAL GAME COACH
MASTER CLASS, GOLF PSYCHOLOGY
MASTER CLASS, TENNIS PSYCHOLOGY
CERTIFICATION, KETTLEBELL KINGS

When you are ready to push the limits and stretch beyond your dreams, Everest Strong Coaching is here to empower your mind and body to join forces for extraordinary results. Enter the zone on command for outstanding performance. Dr. Karla Steingraber is a Licensed Clinical Psychologist and a certified Mental Game Coach. Or, as others like to say about her, she's "a freaking superhero. She pushes people's boundaries in the best way, helping them grow."

As a sports psychologist Dr. Steingraber helps people perform their best on the field and off. She drives clients to success by helping them recognize the connection between their feelings and actions. She expertly guides people to articulate their needs and goals, helping them to face and overcome fears or mixed emotions that can lead to self-sabotage.

As a certified Mental Game Coaching professional, Dr. Steingraber teaches clients to identify mental barriers. She provides a proven mental skills system to improve performance in competition and to help build confidence and maximize performance.

Dr. Steingraber's signature presentation on Self-Mastery is designed to bring out peak performance in the boardroom, in the classroom, on the field, on the court, and in your personal life.



Everest Strong Coaching



@evereststrong_coaching



@EverestStrongCoaching

KARLA@EVERESTSTRONGCOACHING.COM

847.778.3997

155 REVERE DRIVE, SUITE 12

NORTHBROOK, IL60062

TALK TOPICS

- Fearless Public Speaking
- Powerful Parenting
- Getting in the Zone on Demand
- Sports Psychology for Corporate Team Building

AWARDS

- 2021 Kettlebell Challenge: 10K Kettlebell swings per month

AFFILIATIONS

- Association for Applied Sport Psychology
- Illinois Department of Financial and Professional Regulation, Board of Psychology, Vice Chairman
- IPAIC (Illinois Psychological Association Internship Consortium)
- MCYAF (Maine Community Youth Assistance Foundation), Treasurer and Fundraising Co-Chair
- North Shore Alliance for Psychotherapists

CLINICAL BACKGROUND

Dr. Steingraber completed her BA at Duke University in Durham, North Carolina and earned her doctoral degree in Clinical Psychology at George Washington University in Washington, DC.

She completed her internship at McGill's teaching hospital, the Montreal General Hospital (MGH), with rotations in the Psychiatry Department of the ER, transitional day program, and in MUSIC, the LGBT clinic where she conducted individual, couples, family, and ongoing group therapy. She worked with issues relating to sexual orientation, relationships and marriage, and substance use.

Dr. Steingraber finished her residency in neuropsychology at RENEW and LifeQuest in Sheridan, Wyoming while working for a residential treatment program for adults with a brain injury and brain trauma. In her clinical work she has specialized in child development and parenting work as well as suicide prevention and issues that arise in LGBT relationships and adults dealing with life transitions.

She founded her ongoing private practice, Aprioris, in Northbrook in 2009.

TESTIMONIALS

Karla helped me figure out how to find my comfort zone between where one can hyper focus and almost have too much anxiety before a competition and where one comes out too relaxed and flat. This way I'm just ready for anything and there is no hesitation in my fights. No hesitation in moments of opportunity will mean more finishes. I will be fighting next week and can't wait to come out on fire.

— Ashur Darmo

We had a full house, vendors, clients and our employees, for our annual kick off event. We were looking for something that was motivational, inspirational and offered relevant learning for everyone, but in particular our teams. We got it in spades. Dr. Karla's presentation offered insight into creating a viable path towards both professional and personal growth, and she is funny! Which makes learning that much more interesting. Thank you again. We will definitely be asking you back next year.

— Danya G.