



KRIS HINCK | HPRX | Seminar & Keynote Topics

Every keynote can be tailored for leadership teams, events or offsites. Rooted in the PX6™ Framework and the Human-First Code™, each session is designed to provoke insight, inspire action and unlock sustainable performance in work and life.

Vitality is a Leadership Skill

Forget burnout-as-badge and hustle culture. In this keynote, we reframe vitality as a strategic asset, not a luxury. Through the lens of high-performance coaching, we explore how physical energy, mental clarity and emotional regulation are foundational to effective leadership. Audiences leave with a new perspective on energy management, daily rhythms and the personal systems that underpin influence and longevity in their life and role.

The Myth of Peak Performance

“Peak” suggests something fleeting, often followed by a fall. In contrast, high performance is built on adaptability, self-awareness and strategic recovery. This talk challenges the outdated obsession with peak moments, replacing it with a more durable model of high performance that accounts for the reality of modern leadership. Expect paradigm shifts, science-backed insights and practical tools for thriving, without the crash.

Human-First Leadership

Before you're a leader, you're a human. This keynote unpacks what it really means to lead from the inside out. Where personal mastery, empathy and psychological safety become the foundation for influence and impact. Based on the Human-First Code, this session invites leaders to show up more fully and lead with clarity, conviction and care across all domains of work and life.



KRIS HINCK | HPRX | Workshops & Masterclass Topics

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High Performance Teams

In a world distracted by external benchmarks, the true advantage lies within. This session guides teams through the power of self-agency, internal locus of control and the habits that cultivate resilient, values-aligned leadership. It's a session for those ready to move beyond reaction and reclaim direction. Equipping individuals and teams with the mindset tools, behaviours and attributes to stay steady, focused and self-led amid complexity. This session isn't a cookie cutter team session. Based on my own framework and the science, practice and wisdom from working with the best in industry I present to you an innovative approach to addressing the "you and I" in team unity. For the benefit of the team, organisation and more importantly themselves.

Leading Beyond Known

Beyond Known invites teams into a deeper inquiry: what lies beyond what we think we know. About leadership, performance, others and even ourselves? Drawing from my cross-disciplinary experience and coaching across elite sport and business, this session helps leaders expand their thinking, challenge assumptions and reimagine their capacity for growth and contribution. Legacy isn't built at the end. It's shaped every day through choices, behaviors and relationships. This powerful keynote explores how high-performing individuals and teams can align their present momentum with a meaningful long-term impact. It's about defining success beyond metrics, anchoring in passion and purpose and keeping your legacy alive and in motion. Now.