



Ann Rivera

*High-Performance Coach | Speaker
Team Facilitator | Author*

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PROFESSIONAL OVERVIEW

Ann Rivera is a Coach, Speaker, and Team Facilitator who empowers leaders and teams to take fearless ownership of their mindset and activate flow state in high-stakes environments. With a background as a professional athlete, a master's in education, and over two decades of coaching experience, she blends performance psychology, storytelling, and high-performance strategies to help individuals lead with clarity, resilience, and purpose.

Her work spans high-performance coaching, team building, and transformational workshops focused on mental resilience, self-mastery in leadership, and radical responsibility for showing up as your best self to elevate team dynamics and culture. Ann also partners with high-level sports teams and elite athletes, helping them unlock next-level potential.

Based in Bend, Oregon, Ann brings that same intention to her life outside of work. She's a devoted mom, grounded in a strong family bond, and leads a vibrant home life filled with adventure, connection, and creativity. You'll often find her hiking forest trails, floating down rivers, or cold plunging. She's also the visionary behind neighborhood gatherings that have become legendary in her community.

EDUCATION + CERTIFICATIONS

- **Bachelor of Arts in Public Relations**
Pepperdine University
- **Teaching Credential & Master's in Education**
Chapman University
- **Certified Life Coach (ICF-accredited)**
International Coaching Federation
- **Sports Mindset Coach Certification**
Peak Performance Sports