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Dr. Saara Haapanen is an internationally published researcher, performance scientist, and founder of Performance is Haapanen, a Colorado-based consulting firm specializing in performance, wellness, and mental health. For over 25 years, she has coached professional athletes, physicians, entrepreneurs, and executives to achieve sustainable success without burnout. Her research explores motivation, stress, and optimal human performance through the lens of psychobiosocial states and individual zones of optimal functioning. Building on this foundation, she developed the Peak Performance Profile™, a practical framework used to enhance focus, emotion regulation, and performance in the workplace. Dr. Haapanen's work has been featured in *Frontiers in Psychology*, *Journal of Sports Sciences*, *Forbes Health*, *Shape*, *Reader's Digest* and more. She served on the Colorado Governor's Council for Active and Healthy Lifestyles for two terms and speaks nationally on leadership, neurodiversity, and well-being at work. Dr. Haapanen holds a Ph.D. degree and master's degree in sport and exercise psychology and a bachelor's degree in kinesiology and health promotion.