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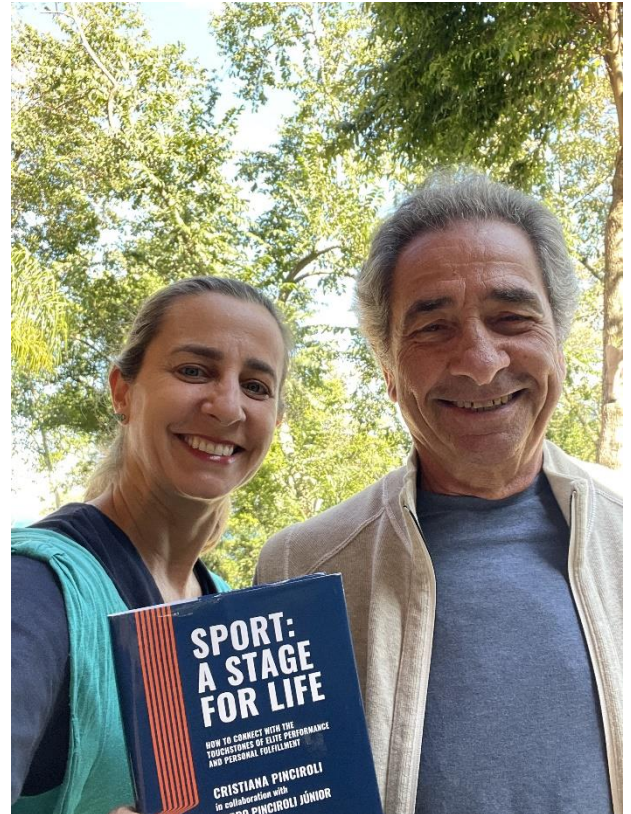
Author Bio

A native of São Paulo and mother to three children, Cristiana Pinciroli began her sports career as a high-performance professional water polo player. She captained the Brazilian team for 15 years, playing professionally for four years in Italy, her side winning the European Interclub Champions Cup for the first time. In her final appearance at the World Aquatics Championships in Perth, Australia in 1998, having scored the second-most goals in the tournament, she was recognized as among the seven best female water-polo players in the world.

While still playing water polo, Cristiana began a successful corporate career, gaining over 25 years' experience as an executive and in people management, 23 of these years with leading Brazilian retail bank Itaú Unibanco.

In 2019, she founded WeTeam, a consultancy dedicated to combining the lessons learned from successful careers in sport and business with the study of positive psychology, with the goal of furthering the development and fulfilment of human potential through training, seminars and mentoring.

For Cristiana, sport has always been something to inspire rather than impose. Her eldest daughter, Alissa, is currently a student-athlete at Stanford University, continuing the family sporting dynasty as a means for achieving a life filled with success and happiness.



Cristiana Pinciroli

**in collaboration with
Pedro Pinciroli Júnior**

Book Bio

SPORT: A STAGE FOR LIFE

The book offers lifestyle tips and insights gained by the author and her father as high performance athletes: Cristiana captained the Brazilian national water polo team; her father, Pedro Pinciroli Júnior, also a top water polo player, represented Brazil at two Olympics and oversaw one of the largest communication groups in Latin America until his retirement.

The book compiles stories of the author and her father, who together have applied the lessons they learned from sport to the advancement of human potential, skills and knowledge.

Sport inspires us to surpass our limits, face challenges, and develop emotional acumen that we can deploy in many aspects of life.

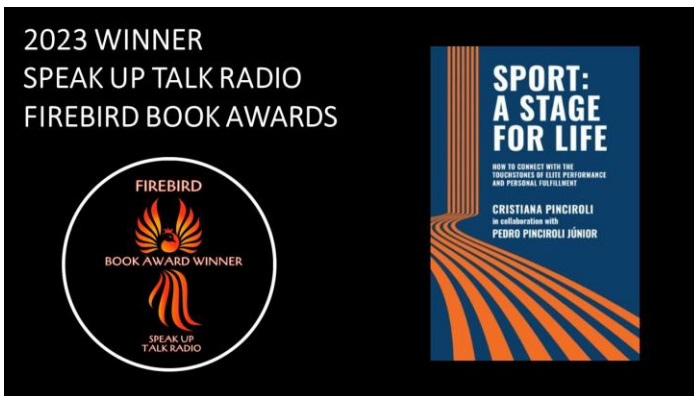
Sport, a Stage for Life aims not just to inspire you, but to guide you in applying the lessons of sport so that you may evolve in your own journey of self-development and transformation.

In the words of the author, “sport inspires us to push beyond our limits, face down challenges and develop personal skills that we can replicate in different spheres of life. Sport, A Stage for Life offers guidance on how to apply these different lessons in helping people to progress along their own journeys of self-development and transform their lives”.

In addition to their own success stories, Cristiana has gathered contributions and insights from world-renowned athletes and coaches, leading academics, physicians, and psychologists who share stories that inspire and support the scientific evidence about how we can turn human potential into a life of fulfillment and happiness.



**First Place
Firebird Book Awards
in the Sports category**



Title: Sport: A Stage for Life

Publisher : iUniverse (June 6, 2022)

Language : English

Paperback : 406 pages

ISBN-10 : 1663233675

ISBN-13 : 978-1663233677

Item Weight : 1.19 pounds

Dimensions : 6 x 0.92 x 9 inchesFormats:

Hardcover, Paperback, Kindle

Amazon: [LINK](#)

Testimonials

Editorial Reviews

“This book is replete with advice that can help you and those you care about flourish. It is a blueprint for excellence in sports as well as every domain of life, personal and professional.”

Tal Ben-Sharar – best selling author, leadership expert and founder of HSA – Happiness Studies Academy

In a way that is natural, honest, and straightforward, Cris and Pedro have managed to capture , in incredible detail, the inspiring journey of the high performance athlete – sports lovers like us. Thank you for including all the details that in the end make all the difference – not only in our professional lives , but in our relationships around the world. ‘Sport – A Stage For Life’ is a book I will always enjoy consulting, reading, and re-reading – a sports Bible.”

Kahena Kunze – two time Olympic gold medalist in sailing

Amazon Reviews

5.0 out of 5 stars Terrific book!

This is a terrific book for anyone involved in sports. It’s a guide, starting with little ones beginning a sport, to those that achieve professional status. With entertaining, personal examples from experiences of the author, as well as interviews with coaches and other athletes, one is led to see the benefits and lessons participating in sports offers and how these lessons can be applied to daily life, both personal and professional. As a bonus, it’s a sweet story of a family’s journey through the world of water polo and the special bond it created between a father and daughter. This book should be required reading for anyone working with athletes at any level in any sport.

5.0 out of 5 stars It hits every major point needed for life’s success

The authors managed to link the sports’ challenges and rewards with the events we experience in life and transformed the narrative into tools for how to be successful in our ventures. Don’t be intimidated by the thickness of the book. It is an easy read that provides insights in every paragraph. Amazing work!

5.0 out of 5 stars Very useful to inspire positive habits for a fulfilling life

The storytelling, examples and tools are fantastic to inspire meaningful actions in my life.

5.0 out of 5 stars Great !

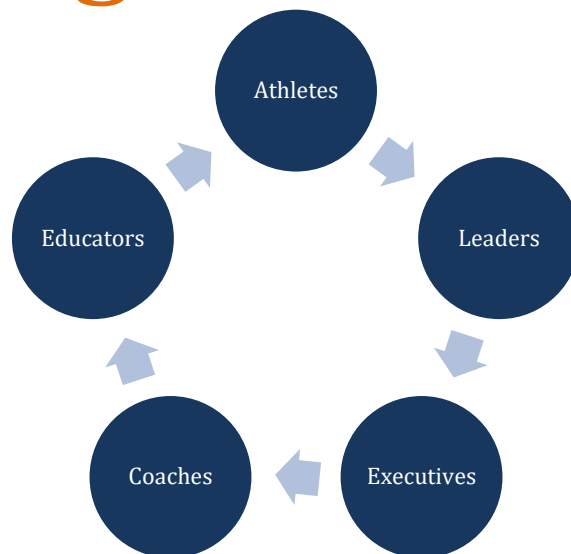
What an amazing book. Great tips from sport we can use in our everyday life. In business or with our kids!

Topics to Discuss

- How individuals and teams can realize both their potential and a life of fulfillment and happiness
 - How to identify your purpose and essence
 - Happiness Science
 - Lessons we can learn from sports
 - Becoming a leader in the game of life



Target Audience



Book Excerpt

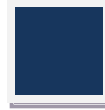
NEED SOMETHING SHORT BUT POWERFUL HERE



Interview Questions



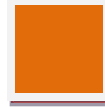
Why did you write this book?



What do high performance and the science of happiness have in common?



What is your book about?



What if I'm not athletic or good in sports?



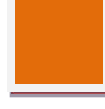
Who will benefit by reading this book?



Share some personal experiences that changed your life.



What are some sports to life lessons?



How was it to collaborate with your father?



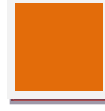
Can your book benefit those in an organizational environment?



What have you learned about yourself as you wrote this book?



Is it possible to achieve high performance without the belief of "no pain, no gain"?



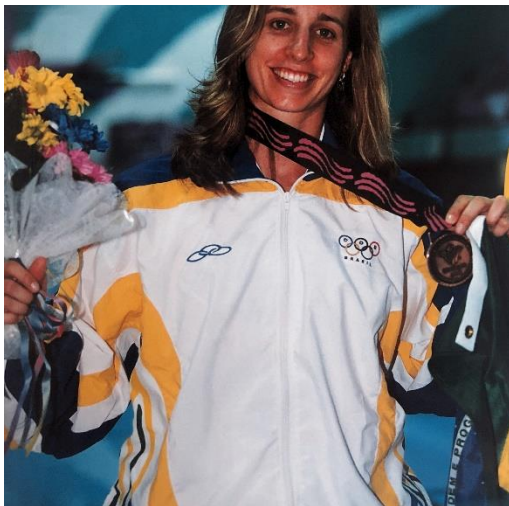
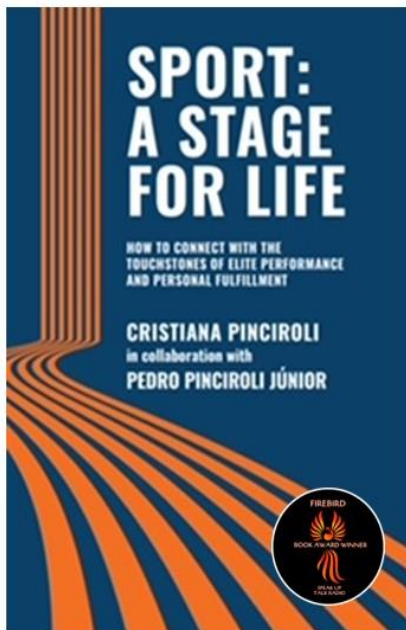
Any final words?



Photos

I appreciate requests for photographs for press use.
Email and let us know where you post your article so we can link to it.

Thank you.



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