



Creating New Directions Efficiently solving the issues

Being the facilitation experts we are, we assist executive teams and boards in creating strategic growth and leadership transformation. Vistra Consulting is an international consulting firm providing development processes for corporations and government organizations across the western world.

Our hallmark approach inspires practical, profound action. We guide you to deepen the work on your most pressing issues, navigating complexity to create genuine outcomes, and empowering leadership teams to convert challenge into opportunity.

Over the following few pages you'll meet our people, here's the essence of our delivery:

Together We Will:

Discover
Identify
Empower

- 
- Discovering new facets of your future potential, and what you want to achieve next.
 - Identifying critical underlying issues, obstacles, hindrances and great ideas.
 - Empowering teams in prioritising, examining and executing high-quality initiatives.



Steinar Almelid

CEO & Partner

Executive processes to inspire growth, resolve challenges and transform the organization



As a senior strategist for the Norwegian Military, Chief Exercise and Training at the Operational Headquarters and pilot for the Royal Norwegian Air Force, Steinar retired a Lieutenant Colonel at age 41. Steinar's natural desire to excel has taught him how to relax and expand under extreme pressure to deliver unique life sustaining solutions. Steinar's passion to soar-in the air and on the ground-has taken him hang gliding with sea eagles, motorcycle riding on superbikes and being the fastest road cycling sprinter ever.

A father and now a grandfather, Steinar is a seasoned sound healer and mindfulness meditation teacher who daily practices the applications of inner understanding. For health, he works out at the gym to uphold strength beyond age.

Education

Steinar's curiosity compels him to continually master and expand his learning horizons. Steinar was the number one student at the Royal Norwegian Air Force Pilot School, and was given the award for "Best In-Depth Report", his recognized PhD level thesis while at Air Force College. Steinar attended U.S. Navy Flight school and became a distinguished pilot, receiving the gold U.S. navy wings which are sparingly awarded. Steinar is certified by Pacific Integral in "Generating Trans-formative Change"-a 9 month periodically residential program in Seattle. Bob Anderson, author of *Master Leadership* and founder of The Leadership Circle personally trained and certified Steinar.

Pinnacle leadership experience

With a swift military career, Steinar held top positions such as Senior Strategist; transforming the bigger picture for the Norwegian Military. As Chief Exercise and Training he coordinated NATO exercises with 70,000 soldiers and 200 aircraft. In sports he has three record distance flights in hang gliders, while being national team leader. In road cycling, he was a contributor to three consecutive team wins on the worlds longest continuous road bike race. That story, including his unofficial world record for cycling sprint, [is told here >>](#)

Published works include "The Foundation of Values", reaching a publication of 100,000 copies.

As a top military strategist, Steinar created outcomes such as:

- The advancement of a Grand Strategy to create a compelling future. [Read more >>](#)
- The Integrated Headquarters for the Ministry of Defence and Chief of Staff. [Read more >>](#)

He delivers Keynote Speeches on "Reaching Olympic Level Performance" and "Finding Our Unique Talents". His life experiences beyond the norm include flying in close formation with a dozen sea eagles in a hang glider, that sport being a pastime activity while flying military aircraft for work.

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Kristen Hansen

Partner

Keynote speeches & workshops on leadership and sales performance, grounded in neuroscience



Essential

Kristen is an international speaker, trainer and coach helping clients improve their leadership, coaching skills, sales and performance. She works with leaders and professionals who want a scientific, brain-based approach to leadership, persuasion, motivation, coaching, resilience, adaptability, sales, innovation and peak performance; to build resilience, adaptability, persuasion, coaching and leadership skills. Supporting organisational change, she provides tailored workshops, keynote presentations and coaching programs.

Education

Kristen has a Masters on Neuroscience of Leadership. She is the Australian partner for SalesBrain, and accredited in various psychometric assessments; like PRISM Brain Mapping Practitioner (world's first online neuroscience based profiling assessment), DiSC and Emotional Intelligence.

Leadership experience

Kristen has 20 years' experience as a sales manager for Australian icon companies such as Bonds, Fairfax and News Limited. She's a trained and certified coach by the NeuroLeadership Group and the International Coach Federation, facilitator for the Australian Institute of Management and Master Trainer for Genos International (Emotional Intelligence).

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Toni Reilly

Associate

Wellness coaching, keynote speeches and vertical development leadership facilitator training



Essential

Toni is an international best-selling author, speaker, seminar leader and Australia's #1 internationally recognised Regression Specialist. She is the creator of SoulLife® Coaching, Programs, Seminars and Training, guiding thousands of clients worldwide with her unique intuitive approach to personal transformation helping people value themselves so they can reach their potential, overcoming emotional bruises to live and work with purpose.

Training Wellness Teachers

Tonis SoulLife® Certificate Program is the only one of it's kind. It's a specialised combination of her research and expertise compiled over more than twelve years mentoring and facilitating inner work for thousands of students and clients. She trained with renowned psychiatrist Dr. Brian Weiss in New York where she developed a deep understanding of the technique and unique methods of application. Toni also explored meditation and intuitive development at the Arthur Findly College.

This world-class training, her extensive experience along with her modern approach to personal development and intuitive training for everyday people makes her one of the most sought after intuitive teachers. As the founder of Toni Reilly Institute, she delivers programs, seminars and training to audiences across Australia and internationally in Denmark, USA, India and the UK. Her pragmatic approach and sensitivity ensured Toni's success in the wellbeing industry making her a great role model to her students, with many of them becoming highly respected Practitioners.

In the media

Toni is a regularly featured with her published articles and in interviews. She has a case study in Dr Brian Weiss's book Miracles Happen. She presents in her trademark light hearted style. Toni stands by her belief that self-awareness and personal transformation are the fundamental foundations for change that ripples out to humanity.

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Mats Graf

Partner

Human growth development for teams and individuals, staff training & sound healing



Essential

Mats assists individuals and groups in realizing their greater gifts, finding fresh avenues to actualize them in life and business. He has the ability to operate like a tuning fork for organizations, work-spaces and individuals, enabling a more harmonious well-being to arise. Masterful at what he delivers, he's also established and managed human growth centers in Stockholm and Oslo for the past 25 years. Working internationally, he serves clients in Norway, UK, Germany, USA and South-East Asia.

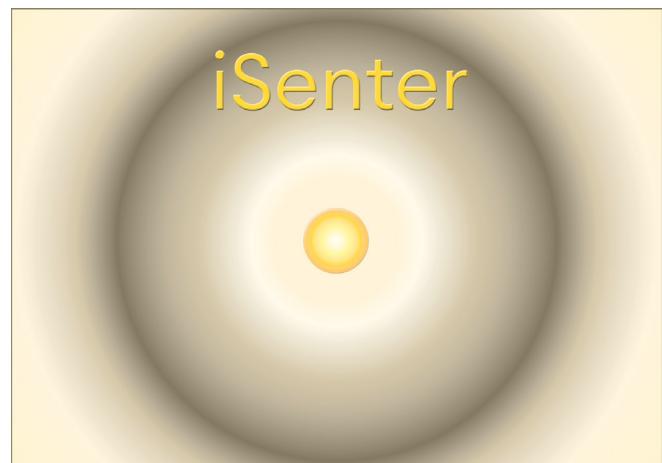
Realizing human growth potential

His clients report that his support is impacting both directly in the "here and now" as well as in the long run. Mats is the first certified teacher in the IKYA Meditation™ approach. It constitutes a series of groundbreaking methods to inspire people bringing out their inner depth, and reap from that growth in their work lives. He brings a multitude of approaches and methodologies for growth, and applies what uniquely suits each client at that very session.

A lifetime of deeper learning

Mats has a Master in the humanities, and has also studied medicine. With a lifetime of learning the deeper layers of human beingness, honing his masculine strength with an open heart, Mats delivers inspiring results throughout. He enables the gems within.

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Danielle Conroy

Associate

Organisational change, leadership processes and executive vertical development.



Essential

Danielle is a specialist in transformational leadership development, coaching and organizational change. With over 25 years as an organizational development consultant & executive coach, working for a global company like Novartis Pharmaceuticals in Switzerland, co-founding & managing two successful businesses in Australia, & more recently strategically partnering with US consulting companies, Danielle brings a significant breadth and depth to her consulting and coaching practice.

Transforming the executive

Danielles broad experience has deepened her understanding of the complexity, challenges and rewards of working in, and consulting to, medium, large & matrix organizations in different cultures & countries. Currently residing in the Bay Area of San Fransisco, some recent US clients include Dropbox, Silicon Valley Bank (SVB), Alt School, Cisco, Google, Entelo, Stubhub, Wheelhouse, Fyber, Parallel Advisors, MedImmune, The Nature Conservancy & Sanofi.

Vertical development & feminine leadership

In the last several years, Danielle has researched the emerging deeper knowledge of vertical development for executives, and become a true expert in the field. Through her in depth coaching of senior executives, her interest and passion in integrating her own and others' authentic feminine leadership into successful business has become another special focus. To that end she is committed to extending the conversation about shared gender intelligence.

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Creating New Directions



"MAJOR EFFORT"

"HIGHLY VALUABLE"

"PROFESSIONALLY HELD"



“ Vistra delivers highly valuable processes, utilizing effective and inspirational approaches. Our work together over three years, a complex Vision & Strategy process for our global and multicultural leadership group, was professionally held for the bigger picture as well as all the important details. Group feedback is unanimously positive. Our successful endeavour has been a major effort where you are key elements, and I thank you again for your contribution. It has certainly been a most rewarding collaboration. ”

~Torgeir Ramstad, CEO Aker MC



Bård Ljones
CEO
MAN Scandinavia

“ Our collaboration kicked-off a long-term profitable development process for my sales team.

The report became a reference for the future development of our company. ”



Rolf Sjetne
CEO

“ During my extensive time with Chevron, I have experienced all the major consulting houses. This was better.

In our leadership group we have more drive and openness. ”



Jan Reksten
Vice Admiral

“ This is a most essential strategy for our military.

Rather than holding on to what is, it compellingly describes a future to believe in. ”



Jon Sandnes
EVP

“ A demanding and complex process, and professional handling was paramount. It was conducted with compassion, strength and dignity, yielding a powerful outcome solidly beyond expectations. ”