

The World is Facing a Human Energy Crisis

Energy is our most critical resource.

Year after year we are asked to do more with less, be more productive, and remain positive and fully engaged. Without training, the demands on our energy exceed our capacity, resulting in lower productivity, disengagement, poor health, unfulfilling relationships, and compromised leadership. Energy is our most critical resource, yet most of us fail to manage it effectively.

CREATE AND MANAGE ENERGY FOR GREATER PRODUCTIVITY, ENGAGEMENT, AND HEALTH

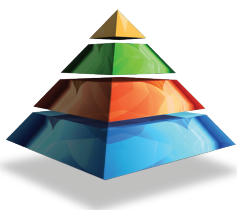
Led by Drs. Jim Loehr and Jack Groppel, the experts at the Human Performance Institute have discovered that managing energy, not time, is the key to high performance. For more than 30 years, the Human Performance Institute has worked with top performers in high stress arenas including business, sport, medicine and law enforcement. The Human Performance Institute has developed a multi-disciplinary technology to create, manage and expand energy. The Human Performance Institute's energy management technology is measurement-based and grounded in the sciences of performance psychology, exercise physiology, and nutrition.

TRAIN LIKE A CORPORATE ATHLETE®

To improve performance under pressure, leaders must train in all dimensions - physical, mental, emotional and spiritual - to expend and recover energy effectively. In the Human Performance Institute's 2½ day Corporate Athlete Course, participants learn to be more effective under pressure by effectively managing their energy, expanding their energy capacity, and developing performance rituals to make systemic changes in their personal and professional lives.

The training includes:

- Exploration of the Institute's Energy Management Technology
- 360° engagement profile
- State-of-the-art testing
- Exercise sessions in aerobics, resistance, and flexibility
- Fitness and nutrition planning
- Strategic action plan for long-term success



Corporate Athlete training positively impacts organizational initiatives:

- Health & Wellness
- Performance & Engagement
- Great Place to Work

Proven Results:

After participating in the Corporate Athlete Course*:

77%

successfully implemented permanent changes in their behavior

65%

are more engaged in taking care of their health

62%

are more engaged with their family

61%

are more likely to take positive action to make changes in their lives

57%

are more productive at work

*Data provided by Performance Programs, Inc. who measured program participants in two studies from 2006-2008.

"A very compelling, pragmatic, and universal model for how change occurs. The Corporate Athlete® training transformed the way that I and many of my executives look at our lives, not only at work but at home."

Steve Reinemund,
Former Chairman and CEO
PEPSICO

"The Corporate Athlete program has enabled our Sales Training team to increase their engagement in their professional and personal life by managing their energy more effectively and creating positive rituals to sustain a high level of performance. The feedback from the participants in the program is that it is life changing."

Anne Whitaker
Sr. VP of Global Leadership &
Organizational Development
GLAXOSMITHKLINE