

# Corporate Athlete®

## Managing Energy for Peak Performance



# JANUARY 12-13, 2017 LOUISVILLE, KY

### Are demands exceeding your capacity?

#### ENERGY IS OUR MOST CRITICAL RESOURCE ----->

In today's 24/7 connected world, organizations are facing a human energy crisis. When demand persistently exceeds capacity, negative consequences are inevitable. It shows up as persistent fatigue, disengagement, suboptimal performance, leadership failure, and poor work-life balance.

By training to manage energy and build capacity, the Human Performance Institute helps leaders meet the increasing demands without sacrificing health and happiness.

**"Your first and foremost job as a leader is to take charge of your own energy, and then to help orchestrate the energy of those around you."**

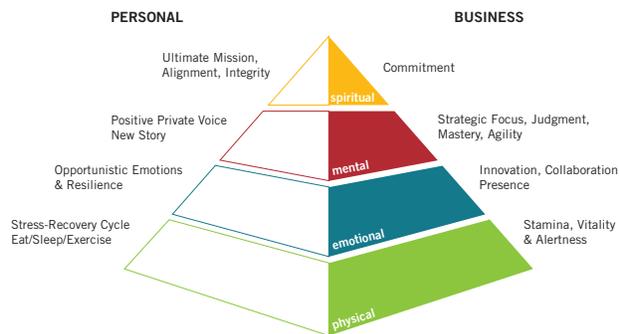
Peter Drucker | World-Renowned Business Strategist

#### EXPANDING HUMAN ENERGY FOR HIGH PERFORMANCE

The Human Performance Institute, led by co-founders Dr. Jim Loehr and Dr. Jack Groppel, pioneered a science-based energy management training solution based on 30 years of proprietary research and working with elite performers including Olympic gold medalists, military Special Forces, Hostage Rescue teams, surgeons, and Fortune 500 CEOs.

#### MULTIDISCIPLINARY TRAINING

The Institute's Corporate Athlete® training uses a multi-disciplinary approach built on the sciences of performance psychology, exercise physiology and nutrition to create lifelong behavior change. By expanding energy levels both personally and professionally, leaders become more engaged and resilient which propels higher performance, better teamwork, and stronger leadership, which can be distinct competitive advantages for organizations.



#### MEASURABLE RESULTS THAT MATTER

SIX MONTHS after going through the Corporate Athlete® training, participant results endured at work and home:

**51%**

Improved Resiliency

**56%**

Improved Productivity

**68%**

Successful Management of Physical Energy

**69%**

Improved Engagement with Health

**71%**

Successful Management of Mental Energy

**74%**

Successful Management of Life Engagement

Self-reported data provided by Performance Programs, Inc. who measured the responses of program participants from 2006-2008 (599 participants; 201 participants at six months follow-up). Statistics reflect percentage of survey respondents.

**"A very compelling, pragmatic, and universal model for how change occurs. The Human Performance Institute's 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

**"It is one of the few programs I have been to that can cause life altering changes. They are appropriate no matter what age or vocation."**

Samuel R. Allen | Chairman and Chief Executive Officer, DEERE & COMPANY

**In 2014 alone, executives from 25 of the Fortune 100 companies participated in Corporate Athlete training. See for yourself the impact our science-based, multidisciplinary approach can have on your life and company today.**

## Jill Sharp, BA, CPT, MMC

Performance Coach

As a Corporate Trainer and Performance Coach, Jill delivers coaching and development programs to corporate executives and teams from a wide range of Fortune 500 companies to drive increased productivity, engagement, and performance.

With extensive experience in performance coaching, learning and development, and sales, Jill has worked for and with various Fortune 500 companies planning and facilitating leadership programs, conducting one-on-one and group performance coaching, designing and delivering sales and product training, as well as developing and executing business strategies for organizational and business success. She has also partnered with organizations as a keynote speaker to inform, empower, and inspire teams to achieve their personal and professional best.

In addition, Jill is a regular columnist for a national women's health and fitness magazine, sharing her knowledge on the principles of performance in life. Jill earned her Bachelor of Arts degree in Political Science and Spanish; briefly leveraged her language skills in public education, spent 15-plus years in the corporate arena in sales, training, and leadership development, and is now making her contribution as an independent consultant.

Jill is married with two daughters, Madison and Camille, balancing her career with the roles of motherhood, wife to her husband, Jay, and coach in community health, sports, and fitness programs.

The Johnson & Johnson Human Performance Institute is the pioneer in delivering a science-based energy management training solution. Based on over 30 years of proprietary research, the Johnson & Johnson Human Performance Institute has worked with elite performers, including Olympic gold medalists, military Special Forces, Hostage Rescue teams, surgeons, and Fortune 500 CEOs to achieve sustained high performance. In 2015 alone, 25 of the Fortune 100 companies participated in Corporate Athlete® training, delivered across 35 countries, in over 500 sessions.



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## **CORPORATE ATHLETE® COURSE**

### **I. Energy Management Technology**

- Learn to strategically manage the most critical resource we have as human beings: ENERGY
- Understand how the four dimensions of energy are critical for optimal performance
- Recognize the connection between energy management, engagement and mission success
- Learn to skillfully regulate energy levels throughout the day
- Learn to become fully engaged and bring your full and best energy at work and in your personal life
- Recognize the importance of training like an elite athlete to achieve higher levels of engagement and performance
- Identify the change process

### **II. Defining Purpose**

- Understand the connection between purpose, energy management, performance and engagement
- Learn what it means to “complete the mission”
- Illustrate how values fuel engagement
- Recognize the power of aligning daily energy investments with deeply held values
- Establish your own Ultimate Mission

### **III. Nutrition for Energy Management**

- Recognize the significance that nutrition plays in energy management, engagement and performance
- Identify the tools necessary to apply the concepts of strategic eating to manage your energy
- Understand how all foods can fit into a healthy eating plan
- Recognize the connection between blood glucose levels and energy, moods, and performance
- Understand what and how much to eat at each meal
- Understand what and how much to eat between meals
- Identify what types of snacks are convenient and optimal for energy management
- Recognize how listening to one’s own hunger and satiety signals will lead to ideal energy, mood, performance, and body composition
- Establish your own eating plan

## Movement for Energy Management

- Explore the connection between physical fitness, engagement and performance
- Recognize the critical role of movement in managing your energy throughout the day
- Understand how movement typically stimulates engagement and the absence of movement typically drives disengagement
- Identify how, when, and how much to move to better manage your energy
- Discover how planned non-movement in the form of sleep, rest, meditation, etc. can enhance recovery, but the absence of movement for prolonged periods of time can seriously compromise engagement
- Understand the role of deep breathing in energy recovery in each of the four dimensions
- Recognize the critical role of exercise in expanding the energy capacity available to you
- Identify the 3 components of a well balanced exercise program
- Learn the type, frequency, duration, and intensity of aerobic training
- Discover the benefits of interval training
- Learn the type, frequency, duration, and intensity of resistance training
- Learn the type, frequency, duration, and intensity of flexibility training
- Establish your movement and exercise plans

## Facing the Truth

- Accurately assess who or what has been getting your best energy and whether that aligns with your mission
- Identify the energy barriers in each dimension that compromise engagement
- Identify the short and long-term consequences of disengagement at work and at home
- Establish a Training Mission

### Skillful Storytelling

- Recognize that the stories we tell ourselves and others influence our behaviors and affect engagement
- Identify your Old Story
- Confront your Old Story or mindset that allowed you to get off track in an area of your life
- Learn the guidelines for creating a New Story
- Develop a New Story and mindset that will allow you to change behaviors and habits that will serve your mission

### Taking Action

- Discover the importance of habits and routines
- Understand that rituals represent the convergence of value, time, energy and action
- Identify keys to building rituals
- Create a comprehensive development plan to acquire positive rituals that will support high levels of engagement at work
- Design training logs and accountability specific to your personal development plan
- Create a support system during the ritual acquisition process