

The Leadership Green Room presents:

CORPORATE ATHLETE®

Managing Energy for Peak Performance

April 25-26, 2019



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.

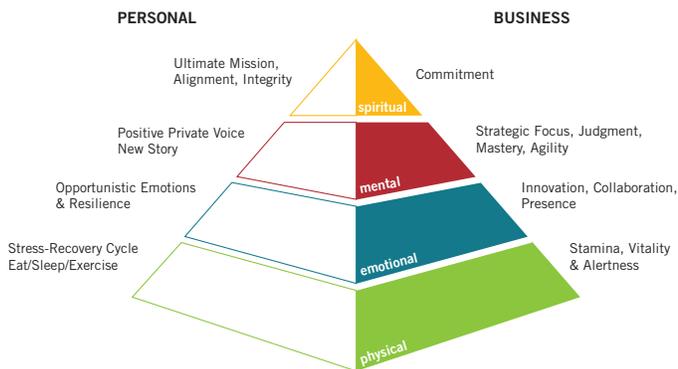
"Your first and foremost job as a leader is to take charge of your own energy, and then to help orchestrate the energy of those around you."
Peter Drucker | World-Renowned Business Strategist

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.



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.

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

"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



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The 1.5 day CORPORATE ATHLETE® course will include a self-assessment and a 360° assessment ----->

Energy Self Profile

The Energy Self Profile is the Human Performance Institute's most comprehensive online self-assessment tool. This assessment helps identify those behaviors participants need to introduce, or eliminate, in order to increase performance.

At the conclusion of the 20-minute survey, participants will be emailed an illustrated and detailed 15-page report of their strengths and challenges for each of the four energy dimensions (physical, emotional, mental and spiritual) and what it means to their performance. The Energy Profile helps determine which energy dimension deserves the most attention and helps individuals better understand the steps they need to take in order to improve their performance.

360° Energy Profile

Unlike other 360° assessments that focus on work relationships, the Human Performance Institute's 360° Energy Profile is uniquely designed to provide holistic feedback from relationships in work and life. The profile focuses on behaviors in each of the four energy dimensions (physical, mental, emotional, spiritual) based on feedback from peers, direct reports, supervisors, friends, and family, including children down to 7 years of age.

The 360° Energy Profile serves as an eye-opening, fundamental building block of the Corporate Athlete® Course. It creates awareness of areas for potential improvement in an objective manner, as well as determines which energy dimension deserves the most attention. Participants discover challenge areas identified by various groups, and identify the specific areas with the largest gaps in how they see themselves and how others see them.

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COURSE WILL BE HELD AT THE LEADERSHIP LOUISVILLE CENTER

707 W. Main Street, Louisville, KY 40202

