



AMY BINGHAM

PERFORMANCE COACH

As a performance coach, Amy trains corporate executives on the role of energy management for increased productivity and performance. She is a seasoned corporate executive with over twenty years of experience maximizing the performance of individuals and organizations. Amy has dedicated much of her career to training and coaching others in support of corporate growth objectives, and is sought after as an energetic, engaging speaker.

Amy is a former Vice President of Sales with Spherion Corporation, a multi-billion dollar leader in the recruiting and staffing industry. She is Managing Partner of Bingham Consulting Professionals, LLC, a consulting firm dedicated to helping senior executives design and implement optimum business strategies to accelerate revenue growth. A thought leader on workforce performance issues, Amy is a regular features writer for *Staffing Industry Review* magazine.

Amy holds a Bachelor's degree in Advertising with a minor in Business Administration from the University of Florida. She is a member of the American Management Association, the American Staffing Association, the National Association of Female Executives, and the Institute of Management Consultants. In her spare time she is an active volunteer for the Ronald McDonald Houses of Orlando, Florida.

The Human Performance Institute is the leader in Energy Management technology. Managing energy, not time, is the key to sustained high performance. The Institute's ground-breaking Corporate Athlete® training solutions range from executive and on-site training courses to keynotes and train-the-trainer courses. Corporate clients include Procter & Gamble, The Estée Lauder Companies, Dell, FBI, GlaxoSmithKline, PepsiCo, and Smith Barney Citigroup.