



**LIFE HAS DEMANDS...
DO YOU HAVE THE
ENERGY?**

CORPORATE ATHLETE® COURSE



CHICAGO

Are You In a Personal Energy Crisis?

Do you have the energy it takes to meet all the demands in your world? Are you investing enough energy in your health, job and personal life? Do you find yourself too mentally and emotionally drained to keep up with your busy schedule?

To get a major energy overhaul, join Human Performance Institute Co-Founder **Dr. Jack Groppe** for the upcoming 2½ Day Corporate Athlete® Course at the Q Center near Chicago. Discover how to effectively and efficiently manage your personal energy, and learn how this proven, science-based approach to training will help you become physically energized, emotionally connected, mentally focused and aligned with your personal mission.

Effectively managing energy requires training like an elite athlete — a Corporate Athlete® !

Train Like an Elite Athlete. Perform Like a Champion.

- Develop greater resilience in the face of non-stop stress
- Increase your energy capacity to revolutionize your workstyle and lifestyle
- Maximize performance and increase productivity in all aspects of your life
- Become fully engaged



Meet Dr. Jack Groppe

Dr. Jack Groppe is an internationally recognized authority and pioneer in the science of human performance, and an expert in fitness and nutrition. Dr. Groppe authored *The Corporate Athlete* book on achieving the pinnacle of corporate performance and co-authored *The Corporate Athlete Advantage*.

Find out more about Dr. Jack Groppe and the Human Performance Institute by visiting his bio page on our website www.corporateathlete.com by clicking [HERE](#).

How do we know our training is effective? We measure results.

After participating in the Corporate Athlete Course*:

- 77% successfully implemented permanent changes in their behavior
- 62% are more engaged with their family
- 65% are more engaged in taking care of their health
- 57% are more productive at work
- 61% are more likely to take positive action to make changes in their lives

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

"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 high performance. The participants report that this program is life changing."

Anne Whitaker
Senior VP of Global Leadership & Organizational Development,
GlaxoSmithKline

"This program has unleashed the creativity, capability and potential of top performers throughout Procter & Gamble."

A.G. Lafley
Chairman of the Board,
President & CEO
Procter & Gamble

Corporate Athlete Course

April 19 - 21, 2010

July 12 - 14, 2010

**Q Center
1405 North Fifth Avenue
St. Charles, IL 60174
near Chicago, Illinois**

(on-site accommodations available)

LIMITED SEATING AVAILABLE!

The Corporate Athlete Course Experience

The Corporate Athlete® Course offered by the Human Performance Institute employs the science of human energy expansion. In 2½ days, it launches you on a journey to hard-wire the connection between your ultimate purpose in life and your daily behaviors to ensure you are fully present for the people that matter most in your life and to achieve your most valued goals. This training includes state-of-the-art testing (body composition and blood work analysis); self-assessment and 360-degree engagement profile; growth-driving rituals in fitness and nutrition; and strategic action planning to help support and sustain your professional and personal goals.

2½ Day Corporate Athlete Course Sample Agenda

Day 1	Day 2	Day 3
AM: Blood Chemistry & Body Composition Test	AM: Facing the Truth	AM: Nutrition & Fitness Planning
Energy Management Technology Overview	Nutrition for Energy Management (cont'd)	Taking Action
Nutrition for Energy Management	PM: Resistance Training	The Journey to Success in Your Mission
PM: Movement for Energy Management	Blood Chemistry Results	The Journey Begins
Interval Training	Dynabands & Body Weight Circuit	
Flexibility Training	Body Composition Results	
Defining Purpose	Skillful Storytelling	

As Part of the Corporate Athlete® Course, You Will Receive:

Full Engagement 360° Profile - Based on your input and feedback from several of your peers, subordinates and direct managers, this tool generates highly specific feedback about how you currently invest your energy in each of the four energy dimensions - physical, mental, emotional and spiritual.

Body Composition Measurement - Your body composition is a strong indicator of your nutritional and exercise habits. It directly influences your health, fitness and physical performance.

Blood Chemistry Analysis - Designed to learn the truth about your current physical state, the blood chemistry analysis includes a wide variety of measurements including cholesterol, HDL, LDL and triglycerides. Our experts will explain your results and discuss how you can change them to improve your health and energy levels.

Energy Management Action Plan - You will develop a personalized energy management action plan complete with specific performance rituals that will help you to strategically identify areas for change. After you finalize your action plan you will establish an accountability system to help keep you on track to complete your goals.



The Corporate Athlete Course

Also Includes:

- Tools to create a strategic energy management action plan
- Concrete guidelines on how to hold yourself accountable to your mission
- Illustrated fitness workout samples
- Aerobic, resistance & flexibility guidelines
- Detailed templates for daily nutritional & fitness planning as well as tracking progress in your overall wellness
- Recommended snacks samples
- *The Power of Story* book by Dr. Jim Loehr (paperback)
- *The Corporate Athlete Advantage* book by Dr. Jim Loehr & Dr. Jack Groppe (hardcover)
- *The Power of Full Engagement* audio series (six CDs)
- Participant Manual
- Dynaband exercise band
- Polar Heart Rate monitor
- Corporate Athlete Nike polo shirt
- Corporate Athlete Nike gym bag

About the Human Performance Institute

The Human Performance Institute is the leader in Energy Management technology. Based on over thirty years of research, it has become clear that managing energy, not time, is the key to sustained high performance. The Institute's groundbreaking Corporate Athlete® Course empowers individuals and organizations with the tools necessary to manage their energy more efficiently and effectively.

Based on our 9-acre campus in Orlando, Florida, the Human Performance Institute's technology of managing energy is measurement-based and is grounded in the sciences of performance psychology, exercise physiology and nutrition. The application of this technology has had a profound impact on performance in the high stress arenas of business, sport, medicine and law enforcement.

For more information
call Sandy Friedrich at

407.438.9911 ext. 120

or visit

www.corporateathlete.com

REGISTRATION FORM

2½ DAY CORPORATE ATHLETE® COURSE CHICAGO

This registration form is for the Corporate Athlete® Course - a 2½ day program led by Co-Founder Dr. Jack Groppel and held on location at The Q Center, just outside of Chicago, Illinois.

Registration forms must be received no later than **3 weeks prior** to program date. Please fax to: 407.251.4979, Attn: Lesandra Vasquez OR scan or fill out electronically and e-mail back to gliberman@hpinstitute.com.

YOUR INFORMATION

() Mr. () Mrs. () Ms. () Dr.

Last Name: _____ Company: _____

First Name: _____ Job Title: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Work Phone: _____ Fax Number: _____ Email: _____

Assistant's Name: _____ Work Phone: _____ Email: _____

How did you hear about us? _____

DATE : April 19 -21 July 12 -14

LOCATION : The Q Center - located at 1405 North Fifth Avenue, St. Charles, IL 60174

RESERVATIONS : On-site hotel rooms available. For detailed description of room types, go to www.qcenter.com/experience/guest-rooms.cfm

Online reservations for April 19-21 event (click room type): **EXECUTIVE** Room: \$195/per night
SUITE Room: \$220/per night

Online reservations for July 12-14 event (click room type): **EXECUTIVE** Room: \$195/per night
SUITE Room: \$220/per night

Reservations may also be made by phone by calling 630.444.4953 or toll-free at 877.774.4627

DIRECTIONS : For driving directions to The Q Center, go to www.qcenter.com/getting-here/directions.cfm

INVESTMENT : *SPECIAL OFFER for Chicago event only*, \$4,000.00 (Founder-led Course retails for \$5,500.00)

INVESTMENT All programs require payment at time of registration to ensure dates.

Method of payment (check one): Check Visa MasterCard American Express

Credit card number: _____ Exp. date: _____

Signature (required): _____

A signature is required on all forms of payment.

CANCELLATION POLICY: Individuals who cancel four or more weeks prior to the program will receive a refund minus a 50% cancellation fee. Cancellations less than four weeks prior to the program will result in a forfeiture of 100% of course fee.

