



HEIDI HANNA, PH.D.

PERFORMANCE COACH, KEYNOTE SPEAKER

As a performance coach and keynote speaker, Heidi trains thousands of corporate executives on the role of nutrition and exercise in energy management for increased productivity, engagement and performance. Heidi specializes in incorporating the psychology of behavior in the development of wellness strategies for organizations and individuals.

Heidi is CEO and founder of Strategic Energy Coaching, Inc., a coaching company that specializes in weight management and community wellness promotion. She holds several certifications, including Lifestyle and Weight Management Consultant, Nutrition Consultant, Personal Trainer and Wellness Coach. As an experienced speaker, Heidi has been featured at many national and international conferences including the Fortune Magazine Most Successful Women in Business Summit and the ESPN Women's Leadership Summit. Her international experience includes keynotes and seminars in Europe, Asia and Australia. Heidi has fund raised, trained, and served as a mentor and nutritionist for several nonprofit organizations, including the Leukemia Lymphoma Society's® Team in Training, Livestrong® Foundation and the Challenged Athletes Foundation®. She also is an active advocate and speaker on topics related to eating disorders awareness and prevention as well as a volunteer speaker for the Alzheimer's Association®.

Heidi holds a bachelors degree in communications from Penn State University, where she competed on the Big 10 softball team and received academic All-American honors. She holds a masters degree in mental health counseling from Rollins College where she specialized in eating disorders and obesity prevention and treatment. Heidi obtained her Ph.D. in Holistic Nutrition from the Clayton College of Natural Health.

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.