



HEIDI HANNA, MA, LWMC, CNC, CPT PERFORMANCE COACH, KEYNOTE SPEAKER

As a performance coach and keynote speaker, Heidi trains hundreds 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. Her vast coaching experience and passionate coaching style helps motivate leaders to make systemic lifestyle changes and create company-wide strategies to support full engagement initiatives.

Heidi is CEO and founder of Strategic Energy, a coaching company that specializes in weight management and community wellness promotion. She holds several certifications, including Lifestyle and Weight Management Consultant, Personal Trainer, Nutrition Consultant, and Group Fitness Instructor. As an experienced speaker, Heidi has conducted numerous seminars for the National Eating Disorders Association. For the past five years, Heidi has fundraised, trained, and served as a mentor and nutritionist for the Leukemia Lymphoma Society's Team in Training organization.

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. She is actively pursuing a Ph.D. degree in holistic nutrition with 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 Energy for Performance™ 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.