



## JENNIFER GEORGE, BA, CGFI

### PERFORMANCE COACH

As a performance coach, Jennifer delivers Corporate Athlete® courses to corporate teams from a wide range of Fortune 500 companies. She coaches both small and large teams in energy management for increased productivity, engagement, and performance.

Jennifer has over 15 years of business experience providing services to organizations such as Capital One, Computer Sciences Corporation, Ernst and Young, GlaxoSmithKline, Lowe's Home Improvement, Northrop Grumman, and Wachovia. A dynamic and energetic performance coach, Jennifer draws on her extensive business experience in sales, IT, and HR. She is founder and President of Balanced Performance, a facilitation and coaching company.

Jennifer holds a Bachelor of Arts degree (magna cum laude) in Communications and German from Wake Forest University in Winston-Salem, NC. She is an AFAA certified group fitness instructor and has been leading and motivating clients to achieve their fitness goals for over 18 years.

Committed to helping change lives, Jennifer serves as a mentor and coach to young girls through the nationally recognized Girls on the Run organization. She is also a volunteer and advocate for the Ronald McDonald House at Duke University Hospital. An avid athlete, Jennifer competes in the North Carolina Triathlon Series and most recently placed at the top of her age group in the state. Jennifer is a mother to two brightly spirited young daughters.

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.