



JENNY EVANS, BS, CPT, CFT

KEYNOTE SPEAKER, PERFORMANCE COACH

As a Human Performance Institute performance coach and keynote speaker, Jenny trains hundreds of national and international corporate executives of Fortune 500 companies in energy management for increased productivity and performance. She specializes in both large and small group education and learning.

Jenny holds a bachelor of science degree in Kinesiology with an emphasis in Psychology from the University of Minnesota in Kinesiology. She is ACE certified as a personal trainer and group fitness instructor.

Her professional experiences include being founder and CEO of PowerHouse Wellness. As an international speaker, Jenny promotes total employee health and well-being by educating executives on integrating body, mind and spirit. She has managed corporate wellness centers, produced an instructional yoga audio CD, taught various fitness classes, and educated numerous employees on managing stress, nutrition, and work-life balance. For the past twelve years, Jenny has also been involved in educating and training the public on overall wellness through frequent radio and television appearances. In her spare time she does flying trapeze and aerial arts, specializing in tissu and hoop. She is also an aerial coach at Xelias Aerial Arts Studio.

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.