



RAQUEL C. MALO, MS, RD, LD/N
SENIOR VICE PRESIDENT OF EXECUTIVE TRAINING
DIRECTOR OF NUTRITION

As Senior Vice President of Executive Training and Director of Nutrition for the Human Performance Institute, Raquel trains thousands of top corporate executives of Fortune 500 companies every year and helped design and implement the Full Engagement™ Nutrition program component. She specializes in keynote speaking and group facilitation. Raquel possesses a Master of Science degree in Nutrition from Texas A&M University and a Bachelor of Science degree in Nutrition and Dietetics from the University of Florida. She is a Registered Dietitian and she has specialized in Pediatric Nutrition.

Raquel has published and presented scientific findings from her nutrition research in a variety of professional publications. She frequently makes appearances on national radio and television as a nutrition expert. Her professional experiences include working as a community Clinical Dietitian in Dallas, Texas, and as a Pediatric/Maternal Dietitian for the Department of the U.S. Army.

Raquel has also developed a national nutrition education and weight control program for online use. She is on the Latino Advisory Board for PepsiCo, advising on Latino issues especially around health and wellness. Raquel's professional interests include nutrition behavior modification and disordered eating patterns. She speaks Spanish fluently and enjoys salsa dancing and rock climbing.

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.