



## Theresa Robinson, BA, MA, ABD

### CORPORATE TRAINER AND PERFORMANCE COACH

As a Corporate Trainer and Performance Coach with Human Performance Institute, Theresa delivers Corporate Athlete® courses to corporate executives from a wide range of Fortune 500 companies. She also provides one-on-one performance coaching to business leaders and executives.

An experienced performance coach, Theresa has worked with various Fortune 500 companies and educational institutions delivering training, developing training materials, designing curricula, and conducting classroom and Web-based instruction and facilitation. As a trainer and dynamic keynote speaker, she has partnered with organizations such as Women Unlimited, a national organization for women leaders in business, the National Conference for Community & Justice (NCCJ), the National Conference on Race & Equality (NCORE), and INROADS, a national mentoring and intern program.

She holds a bachelors degree in English from Howard University and a masters degree in English from Cornell University where she also completed her doctoral course work. She is also an instructor with the University of Phoenix Online and teaches courses in effective communication and literature. Theresa is a member of the American Society of Training and Development (ASTD) and the National Black MBA Association (NBMBA). She is an avid reader and writer whose book reviews have appeared in *The Orlando Sentinel* and she is currently writing a motivational book.

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.