



“This program has unleashed the creativity, capability, and potential of top performers throughout Procter & Gamble.”

A.G. Lafley
Former Chairman of the Board, President and CEO
P&G

“A very compelling, pragmatic, and universal model for how change occurs. The Corporate Athlete training transformed the way that I and many of my executives look at our lives, not only at work but at home.”

Steve Reinemund
Former Chairman and CEO
Pepsico

“The Corporate Athlete program has enabled our Sales Training team to increase their engagement in their professional and personal life by managing their energy more effectively and creating positive rituals to sustain a high level of performance. The feedback from the participants in the program is that it is life changing.”

Anne Whitaker
Sr. VP of Global Leadership & Organizational Development
GlaxoSmithKline

“Thanks to the Corporate Athlete program, our employees consistently personify a fully engaged workforce. Their personal and organizational success stories are a testament to the true effectiveness and long-term benefits of the power of the Corporate Athlete training.”

Steve Altmiller
President and CEO
San Juan Regional Medical Center

“We at Citi Smith Barney have been utilizing the Human Performance Institute’s training and educational platform and incorporating their core principles for eight years now. They have had an extraordinary impact on both the objective performance and personal fulfillment of all of the executives that have gone through one or more of their programs.”

Paul Blease
Director, Team Development
Citi Smith Barney

“The Corporate Athlete training taught me how to increase my capacity to welcome stress. I’m stronger now. I’m in training. I can deliver performance on demand, when I need it, 100% of the time.”

Phebe Farrow Port
Vice President, Global Retail Sales and Corporate Business Development
The Estée Lauder Companies

“The energy management principles we learned through the Human Performance Institute are now an important part of our sales culture. Not only have we elevated our ability to retain, recruit, and engage our workforce, but we’ve seen improved associate performance—an important benefit in today’s financial climate.”

John L. Carter
President
Nationwide Financial Services Distributors, Inc.

“The Human Performance Institute can’t be matched in its approach to helping employees solve their work/life balance issues while significantly increasing the quality of their engagement at work and at home.”

Larry P. Allgaier
Global Head, OTC
Novartis Consumer Health, Inc.

“The Corporate Athlete program is a life-altering experience that will lead to higher sense of self-awareness and improved work/life balance. This wellness initiative improved the organizational, professional, and personal performance of every participant, and is aligned with our mission to be a great place to work.”

Jattinder Dhillon
V.P., Safety & Wellness
Loblaws

“The Human Performance Institute’s application of performance psychology, exercise physiology, and nutrition helped our employees become more physically energized, emotionally connected, and mentally focused. Their full potential and passion was unleashed, allowing for sustainable success in all areas of their lives.”

Robert Carr, MD, MPH, FACPM
Vice President & Corporate Medical Director
GlaxoSmithKline

“As a Navy SEAL for 31 years, I can say that the real “strength” of a SEAL lies in the ability to develop habits that optimize mental and emotional energy... HPI’s focus on the importance of building positive habits and rituals as the key to energy management is the single most important factor for all of us on our journey from ordinary to extraordinary.”

Rear Admiral (Ret) Ray Smith, Navy SEAL Commander, Operation Desert Storm

“...I strongly believe that key members of our military team could be profoundly impacted by this type of training, and the upside potential in helping our people become more productive, effective, and fulfilled (professionally and personally) is enormous...”

Vice Admiral (Ret) Al Harms, former Chief of Naval Education and Training in a note to the CNP

“The key to the program is that it is so practical. It would be a great benefit to Navy personnel.”

Rear Admiral Joseph Kilkenny, Chief of Naval Education and Training after attending the Corporate Athlete Course

“I am happy to inform you the principles of the last 25 years of your work have been successfully validated in the Global War on Terror. As the commander of a US Army Special Forces Operational Detachment deployed to Afghanistan, lives depended on my ability to perform in every capacity and at the highest level. I would like to give you and your staff credit for helping me be my best while leading elite troops in a combat zone.

I zealously applied the principles of drawing from all four energy dimensions, energy expenditure and recovery, stress exposure (got plenty of that!), and following positive rituals as we prepared in the States and while deployed overseas. This allowed our team to attain the very high level of readiness we were able to sustain for the entire time we were there. Our detachment was recognized as the best in the battalion and as a result, was assigned the most demanding and challenging missions.

We accomplished those missions and brought everyone home in the same condition they left in.

The Global War on Terror will take many years to win. I expect to be sent overseas again within the year. Every day at home is a gift. Every day is also dedicated to preparation for war. You all have helped me and by doing so, have done your part. Keep up the good work and I will too.

Captain
US Army Special Forces

Anonymous Client Testimonials:

“I wanted to extend our thanks and appreciation for the two day executive course. It’s a rare experience for a leader such as myself to be able to take 17 individual, head strong professionals away from their daily jobs, require them to participate in a largely unknown process that ‘will help them manage their energy levels’, and come away fully convinced they can each change their lives if they want to give the effort.”

Anonymous CEO

“I'm livin' the new story and it's paying huge dividends. I'm excelling at work, communicating better with my daughters, pursuing my hobbies with greater vigor, more spiritually aware and growing. I am practically a Jr. trainer for the philosophy since I've explained it to SO many people in 60 Days.”

Anonymous Executive

“Here's my success story:

Dropped 50 pounds, Cholesterol dropped way below 200, and ratio improved from 4.0 to 2.6. Blood pressure is 100/60. I work-out 5-7 days a week. My waist size dropped from a 38 to a 30. I feel great! My mind is clear and I'm more focused at work than ever!’

Anonymous Lawyer

“I have a wife and two young children (4 and 7) now and they deserve the best me I can give them. Your program is going to give them that.”

Anonymous Executive

‘Ok, you told me my numbers would improve in a short time if I were to stick with the program!

Well, here are some of them:

% body fat was 30.1%, now, 26.5%, goal, 15%

Triglycerides was 404, now, 123

LDL was not measurable, now, 98

Weight was 229#s, now, 216#s, goal 195#s”

Anonymous Executive

“My experience at the Institute was unlike anything I have done before. I’ve done stress management training, individual coaching, and leadership development for a long time now and you would think I had heard all this before, but there is something in the design, delivery, and application of the energy management material that is different and highly effective.

“Your wisdom has made a difference. Yesterday morning I woke up 45 minutes earlier than normal, feeling better than ever and went the whole day with zero caffeinated drinks. I had more physical and mental energy than ever before. Thanks for making a difference in me.”

“I have many challenges ahead of me. Life is short. I want to do everything I can to be successful with my family, friends, and business. I really can’t imagine the future without the help of the Human Performance Institute.”

“I have much more energy than I’ve had in a really long time. Once again, thank you for doing such an outstanding job. I’m convinced that this training will deliver some truly significant benefits for the years ahead.”

“The energy management principles changed the way that I operate as a leader. Most of us in business don’t understand the concept of pacing ourselves and how managing energy fuels performance.”

“The energy management training was absolutely life changing for me. I am so excited to live my rituals, I have been recording my progress, working out and eating smart each day and I am finding that my new engagement is contagious, I have people asking ‘what’s new about me’, ‘why do I turn my lap top screen down when they enter’, ‘why do I get up from my desk and sit with them at the other side of my office to have a conversation’. I tell them, because I am engaged and focused on you at this very moment. Thanks again for all you have done to ignite the spark; I am forever grateful for my time spent at your facility.”

“The information your team equipped me with gave me the insight and motivation to tackle life a different way than what would be my “usual”. I’m started on my mission, I’m focused, and appreciative for the enthusiastic training I received at the Human Performance Institute.”

“I have made great progress as a result of the energy management training and I continue to make progress towards my goal (which is to slow down, enjoy and become more positively engaged in work and life) and have learned to institute (and modify) the triggers that will point toward success. It has not been easy, and there is still much work to go, but I feel that I have turned the corner from “wanting it to happen” to already being on the path which is getting me results. From the bottom of my heart I thank you for all you have done. It was, and continues to be, an experience of a lifetime.”

“The energy management training captures the essence of what life balance should look like. It inspired me to stop talking and to establish rituals that will change my life.”

“I have much more energy than I’ve had in a really long time. Once again, thank you for doing such an outstanding job. I’m convinced that this training will deliver some truly significant benefits for the years ahead.”

“The energy management training was an absolutely life changing experience for me. It has come at exactly the right time. The wild boars do exist and I have already experienced them! I want you to know that, because of each of you, I feel capable and armed with the tools necessary to go into ‘combat’ to protect my ultimate mission journey! Today I am living in the moment. Life is a beautiful thing to live! ”

“Overall I think I can declare success! I have had the occasional relapse into my old way of being, but I feel good about how far I have come and where I am headed. From a physical perspective, I have noted a marked increase in strength in my resistance workouts. Mentally, I have greater sustained clarity of thought and I continue to have more energy and enthusiasm for all of my kids’ demands. In the rest of my mission, I have been conscious of sharing more openly with people and connecting with them and again I believe I have seen very positive results. Thank you!”

“After 60 days I can say that I have made some habit changes. Some are significant and some are simply a small step to something bigger for my next mission. I feel some positive changes in my body and energy and I know my workouts are more effective. I took my laptop set up off the dining room table and exposed the real and beautiful wood in the room! My family has noticed and has been supportive.”

“I just want to say that the concepts from the Corporate Athlete session have helped to make me a better father, husband, and leader. I am more focused at work and at home. I have lost 20 pounds since the session and I feel better and more energized than I have in several years. The Corporate Athlete is truly a “corporate” activity that makes a difference! ”

“People at work think it’s funny that I eat every 2.5 hours, and that I won’t indulge in a cupcake or free doughnuts in the morning: I think it’s cool to show them what dedication looks like. I look forward to eventually making it back to Orlando to show you all some differences I’ve made. I have acted upon the knowledge you provided and have been putting in hard work to make noticeable changes. Thanks guys!”

“Thanks again for an amazing experience - I thought I ate pretty well and exercised regularly before, but your course will help me take it to a new level. The nutrition piece really gives me some clear guidelines to follow and the interval training suggestion has been great. ”

"I have made great progress as a result of the energy management training and I continue to make progress towards my goal (which is to slow down, enjoy and become more positively engaged in work and life) and have learned to institute (and modify) the triggers that will point toward success. It has not been easy, and there is still much work to go, but I feel that I have turned the corner from "wanting it to happen" to already being on the path which is getting me results. From the bottom of my heart I thank you for all you have done. It was, and continues to be, an experience of a lifetime."

Additional Client Testimonials:

"I attended the Corporate Athlete Course at the Human Performance Institute in August 2008, and I'm pleased to say that it was the best time I've ever spent in a work sponsored event. Personally, I've made improvements in many different aspects of my life inside and outside of work. First, and most importantly, after being a smoker nearly all of my adult life, I quit while in Orlando. During one of the sessions, a thought crossed my mind, "I don't need to smoke anymore", and I've been smoke free ever since. Second, I've lost 16 lbs. by following the nutrition advice and exercising EVERY day. I follow my rituals daily, for me this is the aspect that tied all of the information from the program together.

Bottom line, I definitely have more energy and get more accomplished. That's not to say that I don't have more improvements to make, but it has certainly changed my life. Additionally, I know many folks on my team have benefited from the Corporate Athlete Course.

Overall, the program was a huge success, and I thank the Institute for an outstanding program and Allstate for investing in us!"

Ryan Creasey, Director of Internal Sales, Allstate Distributors, L.L.C.

"I attended the Corporate Athlete Course in September of 2007. At that time I discovered I was diabetic, had high blood pressure and that I was in danger of having a stroke or heart attack. While attending the program, I realized that I was doing all the things that could shorten my life. I was eating the wrong way, I was always tired, didn't have time for my family and friends.

The Corporate Athlete Course taught me how to develop rituals which, if used properly, can enhance the quality of our lives. It also taught me how to develop mentally, physically, emotionally and spiritually. I have since learned that a positive outlook on life can come out of forming positive rituals.

Since September 2007, I have lost over 60 pounds, I am energetic and have been able to handle situations effectively while avoiding getting too emotional. I have also felt more enriched spiritually. It has been over 12 months since the program and I can honestly say that I do not have enough words to explain how much the Corporate Athlete Course has done for me. I appreciate that the great company that I work for provided me with this opportunity.

Here are some of the energy management concepts that I found most helpful in my journey to reach my ultimate mission: form rituals, exercise regularly, and make time for recovery."

Betty Smith, Housekeeping Manager, The Breakers® Palm Beach

"When I attended the Corporate Athlete course, little did I know that life as I knew it was about to change! Facing the truth about my physical and nutritional state was not easy. My first goal after completing the program was to run a half marathon. While training, I found an "inner runner" that I never knew I had. After finishing two half marathons I knew I wanted more and decided my next goal would be to finish a full marathon.

I wanted to go big, so New York City was the one I wanted to tackle. I chose this event because I knew it would be an experience my children would always remember. During my training I felt like a kid in a candy store! As the race drew near I found myself 18 pounds lighter and in the best shape of my life. The feeling of being "fully engaged" and meeting my goals were overwhelming at times.

On November 2, 2008 I found myself in New York surrounded by 39,000 people waiting to begin the race. Finally, the gun fired and the marathon was underway. The view of the Verrazano Bridge will be forever etched in my mind - the sun was shining, the crowd roared, fireboats sprayed water, and in the distance was the Statue of Liberty. It was amazing and unforgettable.

I was shown the power of family and friends at the 24-mile mark. At this point my body and mind were drained. All of a sudden I heard a little extra commotion in the crowd and there were my family and friends. My body immediately came alive and the next 2.2 miles were the most enjoyable of the entire race. Running under the finish line clock into swarms of volunteers was truly a victorious feeling and I realized at that point I was a marathon runner!

With my pyramid more balanced than ever before, I am thankful for the days I spent taking the Corporate Athlete Course. Those days gave me the tools to succeed."

Mark Reid, Head Golf Course Superintendent, The Breakers® Palm Beach