

## EXECUTIVE DEVELOPMENT PROGRAM

FEBRUARY 10, 2015

8:30 A.M.—4:30 P.M.

PUBLIC \$995

UD ALUMNI \$945

PARTNER \$897

# THE CORPORATE ATHLETE ADVANTAGE: MANAGE ENERGY, MAXIMIZE ENGAGEMENT & INCREASE PERFORMANCE

One of the biggest problems plaguing today's organizations is something that is pervasive, invasive and preventing your top people from achieving their personal and professional best. The Human Performance Institute calls it the Human Energy Crisis. It is a result of ever-growing demands on our time, our bodies and essentially our energy.

In a world where we are expected to perform 24/7, the pressure is not only daunting, it can be debilitating. As such, when demand persistently exceeds capacity, negative consequences are inevitable to business, body and home life alike. For decades, the Human Performance Institute has believed that employee engagement is directly linked to employee health. Essentially, the body is business-relevant, from muscle to mind.

Of the many energy obstacles that Chris Jordan and the Human Performance Institute work to effectively eliminate through science and training, the following are the most commonly reported: persistent fatigue, disengagement, low tolerance for stress, low resiliency, work/life imbalance, loss of focus, judgment errors and leadership failure. When you consider that any of the above can determine an entire organization's ability to weather a downturn, survive a crisis or drive a business to extraordinary growth, having a highly engaged workforce less affected by a human energy deficit becomes mandatory, not voluntary.

Designed to create high-performing teams and individuals, this program emphasizes the connection between personal purpose and daily behaviors to help ensure alignment. Aligning your energy investments with your deepest values and beliefs represents a critical component to skillful energy management. You will learn how to train like an elite athlete, a corporate athlete, to strengthen and align energy across all four dimensions: body, heart, mind and spirit. This multidisciplinary approach will help you to become physically energized, emotionally connected, mentally focused and completely aligned with your most important mission.

## THIS PROGRAM WILL HELP EXECUTIVES:

- Learn how to maximize performance and increase productivity in all aspects of your business and personal life.
- Acquire the comprehensive energy management skills required to make energy investments in any area of life.
- Develop rituals to support maximum performance and replace noneffective habits that potentially compromise success of any important objective.



**Chris Jordan**

*Chris Jordan, the director of exercise physiology at the Human Performance Institute, designed and implemented movement/exercise components of the Corporate Athlete course, including the widely known seven-minute workout, and is responsible for the development and execution of all corporate fitness programming. As an experienced international keynote speaker and performance coach, he trains hundreds of corporate executives of Fortune 500 companies each year.*

*Jordan holds a Master of Science degree in exercise physiology with distinction from Leeds Metropolitan University and a Bachelor of Science in applied biological sciences from the University of the West of England in Bristol, both in the United Kingdom. He has published research in the Journal of Sports Sciences and has written over 50 magazine articles for U.S. Air Force publications, the Army Health Connection newsletter, Men's Health magazine and Best Life magazine.*

*Jordan designed a practical body weight circuit workout that has become known in the media as the "seven-minute workout." He has been interviewed about the workout by ABC's World News with Diane Sawyer, NPR, CNN, Sirius XM's Doctor Radio, The Laura Ingraham Show, Men's Journal, Women's Health, Shape and more.*