



CAPITOL CITY SPEAKERS BUREAU

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Dr. Jack Groppe

Travels from: Illinois

Fee Range: \$20,001 - \$40,000

Dr. Jack Groppe is an internationally recognized authority and pioneer in the science of human performance, and an expert in fitness and nutrition. Dr. Groppe is an Adjunct Professor of Management at the J.L. Kellogg School of Management at Northwestern University.

Dr. Groppe is the author of *The Corporate Athlete* book. He developed the Corporate Athlete® concept for his training program while serving as an associate professor of kinesiology and bioengineering at the University of Illinois, helping both business executives and athletes increase performance levels. In 1992, he combined his program with Dr. Jim Loehr to form the Human Performance Institute, formerly LGE Performance Systems, Inc.

A Fellow in the American College of Sports Medicine, Dr. Groppe is also a Board certified nutritionist in the American College of Nutrition and a former Research Associate to the U.S. Olympic Training Center. He served for 16 years as the Chairman of the National Sport Science Committee of the United States Tennis Association.

Most Requested Programs...

- Energy, not Time, is the Fundamental Currency of High Performance in Business
- The Pulse of High Performance: Life is a Series of Sprints, not a Marathon
- The Power of Full Engagement®
- The Making of a Corporate Athlete®
- The Fully Engaged Leader