



CAPITOL CITY SPEAKERS BUREAU

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Dr. Jack Groppe

Travels from: Illinois

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

Dr. Jack Groppe, Ph.D. is the co-founder of the Human Performance Institute, and Vice President of Applied Science and Performance Training at Wellness & Prevention, Inc., a Johnson & Johnson company. He is an internationally recognized authority and pioneer in the science of human performance, and an expert in fitness and nutrition. Dr. Groppe served as an Adjunct Professor of Management at the J.L. Kellogg School of Management at Northwestern University for several years and continues to instruct courses at the University in a supplementary role. In concurrence with his Human Performance Institute duties, Dr. Groppe is also the Co-Chair of the Health Enhancement Research Organization (HERO) Health & Performance Study Committee.

Dr. Groppe authored *The Corporate Athlete* book on achieving the pinnacle of corporate performance and co-authored *The Corporate Athlete Advantage*. 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, which is now part of Wellness & Prevention, Inc., a Johnson & Johnson company.

Dr. Groppe is a Fellow in the American College of Sports Medicine. He is also a fellow in the American College of Nutrition. Dr. Groppe is a Board certified nutritionist and a former Research Associate to the U.S. Olympic Training Center. He served as Vice President on the National Board of Directors of the United States Professional Tennis Association. Dr. Groppe also dedicated 16 years of service to the United States Tennis Association as Chairman of the National Sport Science Committee.

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