Corporate Athlete® | PERFORMANCE

Expand your energy capacity. Elevate your performance.

In today's 24/7 world, employees are under pressure – pressure to perform, to handle more, to always be "on." And as employee pressures mount, fatigue and turnover are rising. Only 30% of American employees are engaged and performing to their full potential,[1] and almost half of employees struggle to balance work and life.[2]

These challenges have real costs for employee productivity, quality of life and the bottom line. As companies look for ways to solve these issues, it's clear that traditional professional development and leadership courses aren't answering the right question – because managing energy, not time, is the key to sustained high performance.

Energy is at the center of everything we do – from our performance at work to our lives at home.

The Power of Human Energy

Corporate Athlete® Performance is proven to help drive engagement through effective energy management – so individuals, teams and organizations can perform to their full potential.

This in-depth, groundbreaking training solution helps people transform the way they approach energy management to achieve sustained high performance. By integrating the sciences of performance psychology, exercise physiology and nutrition, Corporate Athlete® Performance helps individuals effectively maximize their energy across four interconnected dimensions to create lasting behavior change.

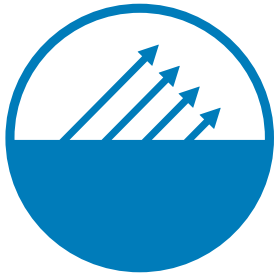
Corporate Athlete® Performance Addresses:

- Disengagement
- Fatigue
- Low levels of wellbeing
- Work/life balance

[1]Gallup 2016 Q12 Meta Analysis.
[2]Workplace Flexibility Study 2015.

Johnson & Johnson HUMAN PERFORMANCE INSTITUTE®

Corporate Athlete® | PERFORMANCE



We offer a range of flexible, scalable training options and sustainability tools to fit your organization's needs

The Power of Our Training

At the Johnson & Johnson Human Performance Institute, we harness the science of human performance. With over 30 years of research and results with high performers, our holistic, purpose-driven approach helps individuals become physically energized, emotionally connected, mentally focused and fully engaged in the moments that matter – for real results at work and at home.

In the last year, executives from 30 Fortune 100 companies participated in Johnson & Johnson Human Performance Institute Training – and our training was delivered in 35 countries. Our science-based approach delivers proven results.

"It really gave us a new perspective on managing our day-to-day energy so we can consistently perform at our best."

Samuel R. Allen
CEO of Deere & Company
Quoted in Fortune

Call 1-800-543-7764 or visit CorporateAthlete.com to learn more about how Corporate Athlete® Performance can help your organization.