



Hailed by Golf Digest as one of the sports' great masterminds, **Dr. Gregg Steinberg** is a world-renowned expert of human performance. He has authored numerous books on topics from golf psychology to parenting, to his new released "Full-throttle" which illustrates how to supercharge your energy and performance at work. Dr. Gregg is a multi-tasker who speaks all around the globe, appears on television, works as a performance coach and is an award winning professor-just not all at the same time.

It all started when Gregg was a young lad competing in southern California in the local tennis tournaments. He realized then that the best players had a handle on their emotions and could rebound from bad breaks. However, the ones who played their worst did not have enough emotional control. From that realization, he went on to study performance psychology at U.C. Santa Barbara and then went to Florida State University for his masters and University of Florida for his doctorate in human performance.

Dr. Gregg Steinberg has studied human performance for the past 25 years and has discovered a basic principle that is consistent across sport, academics and business: When you master your emotions you master your world. Dr. Gregg not only shares his philosophy to audiences across the globe, but also gives hands-on tools so that you can lead a more effective and happier life-Dr. Gregg wants you to thrive on the inside!

Dr. Gregg communicates to his audience through heartfelt stories. He weaves stories that are riveting yet life-changing. Corporations, associations, schools and even 8 year old golfers, have all indicated that Dr. Gregg is a unique and gifted speaker. According to their feedback, his uniqueness stems from being A Uniqu...

Gregg Steinberg

Speech Topics

- Teambuilding
- Stress Management
- Sports
- Psychology / Relationships
- Peak Performance
- Motivation

