



Dr. Jim Loehr is a world-renowned performance psychologist and co-author of the national bestseller *The Power of Full Engagement- Managing Energy, not Time, is the Key to High Performance and Personal Renewal*. Dr. Loehr recently appeared on *The Oprah Winfrey Show* where an entire program was devoted to his groundbreaking energy management technology and concepts. He has also appeared on *NBC's Today Show*, *ABC's Nightline with Ted Koppel*, *The CBS Evening News with Dan Rather*, and *CBS Morning News*. Dr. Loehr's work has been chronicled in leading national publications including the *Harvard Business Review*, *Fortune*, *Newsweek*, *Time*, *US News and World Report*, *Success*, *Fast Company*, and *Omni*.

Dr. Loehr has worked with hundreds of world-class performers from the arenas of business, sport, medicine, and law enforcement including Fortune 100 executives, FBI Hostage Rescue Teams, and Army Special Forces.

Dr. Loehr possesses a masters and doctorate in psychology, serves on several prestigious scientific boards, and is a full member of the American Psychological Association, the American College of Sports Medicine, the National Strength and Conditioning Association, and the Association for the Advancement of Applied Sport Psychology.

TOPICS:

- 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
- Fully Engaged™. Managing Energy to Maximize Performance
- The Making of a Corporate Athlete®
- Building Individual and Organizational Capacity in the Age of Overload
- The Fully Engaged™ Leader

Jim Loehr

Speech Topics

- Sports
- Psychology / Relationships
- Peak Performance
- Motivation
- Inspiration
- Executive Speaker

