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Jack L. Groppe (author of the corporate athlete)

Jack L. Groppe is the author of The Corporate Athlete How to Achieve Maximal Performance in Business and Life by Jack L. Groppe, Bob Andelman

Corporate athlete course

The Corporate Athlete Course is an Intensive Training Program that Uniquely Integrates Principles of Performance Psychology, Exercise Physiology and Nutrition.

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We began our work with Clark by taking stock of her physical capacity. While she had been a passionate athlete as a teenager and an All-American lacrosse player in

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Swifter, Higher, Stronger A corporate athlete strives for health and fitness in order to perform better in business, just as a sports star trains to stay

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12 key strategies to achieving a worklife balance

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Building on from last week's topic 'The Optimistic Sales Professional' I thought I would extend the theme further and explore the topic of 'Peak Performance in

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The Corporate Athlete How to Achieve Maximal Performance in Business and Life. AUTHOR: Jack L. Groppe, with Bob Andelman PUBLICATION DATE: December 2000

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