

Do you want to be charged up, every day, for every client?
Do you want to be more focused during every phone call & in every meeting?
Do you seek greater health, happiness, and life balance?

FULL THROTTLE

How to supercharge your energy and performance at work.

Facing a continual barrage of tasks coupled with a tough economy, many people feel completely drained by day's end. To stay ahead of the game in these difficult times, you need to capitalize on your energy - to go full-throttle when needed. From his years of experience in the personal development field, Dr. Gregg has developed an energy management system comprised of 5 key emotional strengths: Awareness, preparedness, bravado, connectedness, and balance.

Mastering these 5 emotional strengths

The audience will learn how to:

- Turn fear into positive energy
- Get focused for every meeting
- Develop greater balance in your life
- Become more productive but work less hard
- Plug up all the energy drains.

Thrive on the inside - no matter what is happening on the outside!

"After listening to Dr. Gregg Steinberg, I gained more compassion and patience with my difficult clients. As a result, one client gave me an additional \$100,000 to invest." - Elias Dau, Merrill Lynch

"Full Throttle has empowered us with a mental strategy to gain full control over our emotions." - D. Bushaw, Executive VP, Pacific Life



Gregg M. Steinberg, PhD

is a professor of human performance/sport psychology at Austin Peay State University, near Nashville, TN. He is an expert in personal development and a corporate speaker of personal success to many Fortune 500 companies including Pacific Life, UBS, and Merrill Lynch. His new book: Full Throttle (Wiley, 2009) shows us how to supercharge our lives. He has numerous appearances on television including CNN, Fox News, the Golf Channel, and Dancing with the Stars. Golf Digest ranked him as one of the game's great masterminds.

