

## Dr. Gregg Bio

### Dr. Gregg Steinberg as a professor

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. Now, Dr. Gregg is a tenured professor of human performance at Austin Peay State University, just outside Nashville. Well-liked by all his students, he has won numerous awards in teaching and research. Dr. Gregg lives in Nashville TN with his family and his Italian Greyhound, Fabio.

### Gregg Steinberg as an in-demand speaker

Dr. Gregg has discovered a basic principle that is consistent across sport, academics and business: When you master your emotions you master your world. He shares this in his keynotes and workshops to small and large companies. He has shared his message to many fortune 500 companies including Boeing, Bank of America, Hughes, Merrill Lynch, and UBS. His message is always the same: Helping people achieve their best in every situation.

### Gregg Steinberg as an author

His first book ***Mental Rules for Golf***, was endorsed by Tiger Woods' coach Hank Haney who mentioned that all of the 61 mentalrules can help you think more like a champion on the course.

The second book, ***Flying Lessons***, shows parents how to build mental and emotional toughness in their children with targeted activities. This book has been adopted by churches around the globe as an educational tool for young children.

His third book, **Full Throttle** became a *Washington Post* best seller. Full Throttle is a business psychology book that shows you how to supercharge your energy and performance by mastering the 6 key emotional strengths.

## **Gregg Steinberg as a performance coach**

Dr. Gregg was voted by Golf Digest as one of the games' great masterminds and has worked with many professional golfers on the PGA tour including Brandt Snedeker, Brian Gay, Bob Wolcott and Brad Fabel. He has also coached players in the NFL, NBA and major league baseball. He also consulted with NCAA champion University of Florida's men's golf team and NCAA champion runner-up Vanderbilt men's tennis team. Dr. Steinberg also works as an executive coach for many of the top corporations including Merrill Lynch and Pacific Life.

## **Gregg Steinberg as a media personality**

Dr. Gregg was a commentator for the hit show "Dancing with the Stars", and appeared for Fox News as their sport psychology commentator for the 2008 Olympics. Also, he has been a frequent guest on The Golf Channel and CNN. His work has appeared in the NY Times, Wall Street Journal and LA Times. Dr. Gregg is a regular guest on "Talk of the Tour" on the PGA Tour radio. He also writes a weekly column for The Leaf Chronicle called "The Head Coach", which discusses performance enhancement principles.