Frequently Asked Questions

What does the Corporate Athlete® Course consist of?

In this multi-disciplinary course, participants work side-by-side with highly credentialed experts including performance coaches, nutritionists, and exercise physiologists who train them to become more productive and effective under pressure and to achieve sustained high performance.

Is the Corporate Athlete® Performance Course a wellness program comprised of mostly physical training?

The 2 ½-Day Corporate Athlete® Performance Course is a multi-disciplinary, holistic training program. Participants work with expert performance coaches to improve their energy management skills for sustained high performance in all three areas: performance psychology, nutrition and exercise physiology. As part of this science-based training program, you will undergo physical training and testing sessions, but will also spend equal time in the other energy management technologies of performance psychology and nutrition.

Is the Corporate Athlete® Course the same in California and Orlando?

The 2 ½-day Corporate Athlete® Performance Course content is exactly the same at both locations, while the training facilities are unique to each locale. For example, in California the Corporate Athlete® Course uses bioelectrical impedance instead of the Bod Pod™ body composition test used in the Orlando, Florida headquarters. Please call 407-438-9911 for details.

How old do you have to be to attend the Corporate Athlete® Course?

There is no minimum age requirement to attend the Corporate Athlete® Course. The course is targeted towards working adults, but we've also welcomed college students.

I want to enroll in a Corporate Athlete® Course – what are the next steps?

You can register online easily by clicking here.

How do I schedule an intact group from my organization?

Please contact us at 407-438 -9911 to speak with a Johnson & Johnson Human Performance Institute representative.

How many individuals do I need for an intact group?

The minimum requirement for an intact group is twelve. If your group is smaller, we can enroll your team into an open enrollment session.

What should I do to prepare for the Corporate Athlete® Course?

All participants are required to complete the Corporate Athlete® Course pre-work. You will be contacted by the Institute's program coordinator with instructions on how to complete the pre-work including the 360° Diagnostic.

What is your cancellation policy?

Before a program begins, Johnson & Johnson Human Performance Institute incurs substantial administrative cost related to your registration. Therefore, the following fees apply:

Number of Days before program	Transfer Fee	Cancellation Fee
More than 30 days	None	None
15 - 30 days	25% of tuition	50% of tuition
Less than 15 days	50% of tuition	100% of tuition

Transfers: Transfer requests must be received in writing and indicate the new date and\or new program the participant wishes to attend. Please send the email to your Johnson & Johnson Human Performance Institute Account Manager or course@hpinstitute.com. 100% of the full tuition is non-refundable if:

- The participant does not attend another program within one year of the original program registration date.
- The participant transfers more than two (2) times

Refunds: Any remaining balance of a cancelled program's payment can be applied to another Johnson & Johnson Human Performance Institute program within one year of the original program registration date. After one year, the balance is non-refundable.

Who can attend the Corporate Athlete® Train-the-Trainer Program?

Only those facilitators who are either sponsored by or are an employee of an organization with the sole intention of training the organization's own employees can attend. Independent coaches who wish to train their own clients will not be allowed to attend.

How do I become a facilitator within my own organization?

You will need to become certified to teach the Corporate Athlete® Course within your organization by attending the Corporate Athlete® Train-the-Trainer Program. The Train-the-Trainer Program includes the 1-day Corporate Athlete® Course followed by a 1-day certification workshop.

Whom can I train once I become a certified Corporate Athlete® Course facilitator?

Certified facilitators can lead Corporate Athlete® training sessions only for employees at the organization where they are employed. Independent contractors, life coaches, or any other consultant using the Johnson & Johnson Human Performance Institute's training methods and materials outside of the organization is strictly prohibited.

What topics are covered in Keynote Presentations?

The Johnson & Johnson Human Performance Institute's highly experienced keynote speakers can cover topics related to our Corporate Athlete Course content including Energy Management Technology, nutrition, movement and resilience. If you're interested in discussing a keynote presentation for your team or organization, please contact us at 407-438-9911 to speak with a Johnson & Johnson Human Performance institute representative.