

Developing Highly Engaged Organizations that Improve the Quality of Human Life: Healthy, High-performing Teams & Leadership

Healthy, high performing leaders are engaged and demonstrate that employees are important to the success of the team. They champion development, have conversations that build trust, and help ensure a safe work environment. In this webinar, Dr. Jack Groppe will focus on “what to do” to create energized leaders and teams. Dr. Julia Brandon will focus on “how to” implement best cultural practices described in a new research article “Developing fully engaged leaders that bring out the best in their teams at GlaxoSmithKline” (Online Journal of International Case Study Analysis, Spring 2013). They both will share examples of how to apply insights to help improve performance and the quality of human life.

Learning Objectives

At the conclusion of this session the participant will be able to:

1. Clarify “what to do” to create energized leaders and teams;
2. Identify “how to” implement best cultural practices;
3. Apply the insights to help people from all walks of life sustain healthy, high performance

About our Speakers



Jack Groppe, PhD

Co-founder of the Human Performance Institute
Vice President of Applied Science and Performance Training
Wellness & Prevention, Inc

Jack Groppe, PhD is the Co-Founder of the Human Performance Institute, and Vice President of Applied Science and Performance Training at Wellness & Prevention, Inc., a Johnson & Johnson company. He is an internationally recognized authority and pioneer in the science of human performance, and an expert in fitness and nutrition. He served as an Adjunct Professor of Management at the J.L. Kellogg School of Management at Northwestern University and he authored “The Corporate Athlete”, a book on achieving the pinnacle of corporate performance and co-authored “The Corporate Athlete Advantage”. Dr. Groppe developed the Corporate Athlete® concept for his training program while serving as an associate professor of kinesiology and bioengineering at the University of Illinois, helping both business executives and athletes increase performance levels.



Julia Brandon, PhD

Director of Environment, Health & Safety Excellence
GlaxoSmithKline

Julia Brandon, PhD, is currently GlaxoSmithKline's Director of Environment, Health & Safety Excellence. She works in partnership with Human Resource and business leaders to further build and sustain a healthy, high performance workforce with zero harm. Previously, as a GSK PULSE partnership volunteer, she worked at Save the Children to further develop the organizational dashboard for senior leaders. She has evaluated several of GSK's employee programs to accelerate the company's engagement and empowerment initiatives. Dr. Brandon served as an assistant professor of psychology at Elon University and as an adjunct faculty member at the Center for Creative Leadership, working on research for their Women in Leadership program.