



INSTITUTE *for* HEALTH *and* HUMAN POTENTIAL



Chris Olex

Chris is in her 24th year as a Corporate Trainer and Facilitator specializing in team and personal development.

Chris holds a Bachelor's degree in Psychology from Bradley University in Organizational Behavior and Leadership. She has devoted her entire career to the development of human potential.

Relying on experience gained from all aspects of the training process, Chris works with a wide range of clients and organizations all over the globe to deliver professional programs ranging from five people to 500. Her infectious energy and relentless curiosity push participants to want to learn more.

Chris is passionate about self-learning and uses a variety of tools to help her participants do just that. Learners value Chris' ability make them feel comfortable opening up and sharing more freely, to take meaningful insights away from the experience. Chris is a great story-teller, able to bring the abstract concepts in her courses to life through real world examples.

Throughout her career, Chris has partnered with training companies like the Institute for Health and Human Potential to deliver powerful team programs and her international client list includes: Pfizer, Con-Edison, Colgate-Palmolive, Fidelity, Harvard Business School and Northern Trust Bank.



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About Us

IHHP is a research-based training company and has been a leader in Emotional Intelligence for over twenty years. It's a scientific fact that emotions precede thought. When emotions run high, they change the way our brains function, diminishing our cognitive abilities, decision-making powers, and even interpersonal skills.

Is your organization facing increased pressure, disengagement or lack of authentic communication? We build integrated programs with training, assessments and coaching based on neuroscience for real change. We translate the science behind managing emotions and teach people the skills to summon their best selves and do their best work during moments of truth.

Our clients see improved productivity, talent retention, a more agile workplace culture and higher engagement levels.

Whether you are an individual contributor or manage a team, we believe that PEOPLE make the greatest positive impact when they SHOW UP AS THEIR BEST selves.

Connect with a Leadership Consultant to discuss how you can get the most from your team!



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