



www.apexperform.com

APEX proud to announce new trainer Amy Bair who will be working with Wounded Warrior Project in San Antonio.

Apex is pleased to introduce our new trainer Amy Bair. Amy comes to us with a wealth of personal and professional experience in peak performance enhancement training. In her new position as program director for Apex's center in San Antonio Amy will deliver the Apex Performance education and training program to cohorts enrolled in the Wounded Warrior Project TRACK program in San Antonio, TX.

Prior to joining Apex Amy was the Head of Performance Psychology and High Performance Communications at the University of California - Berkley. Amy is currently pursuing her Ph.D. in Educational Psychology and has her Masters in Counseling and Psychological Services.

Opened in January 2011, San Antonio joins the Wounded Warrior Project's Apex Performance Center in Jacksonville, FL as the second satellite training center for Apex. The main offices and training center is located at our headquarters in Charlotte, NC.

The success of our satellite centers is attributed to the top notch trainers who have joined the Apex team. All Apex trainers go through extensive in depth training with our founder Dr. Csoka who personally developed our proven performance enhancement model.

The TRACK program is an integrated approach to address long-term needs of Wounded Warriors for education, training, advocacy, and secondary rehabilitative care. This unique program offers participants a range of college classes and services customized to their needs, helping them build career skills, train in veterans' advocacy, and continue recovery toward a more independent life.

The APEX Peak Performance Center and the accompanying program is an integral part of WWP's TRACK program. The Apex Performance Model supports all three of the TRACK program's MIND, BODY, SPIRIT

**Meet our new trainer
Amy Bair!**



"APEX has taken my work to a whole new level. By incorporating cutting edge brain research and technology, I am able to deliver more customized performance plans with an advanced level of strategies. Each day, the TRACK students inspire me, challenge me and keep me on my toes. They love the ability to receive such detailed feedback on what is happening and how they can use our expertise to improve their mind-body connection."

-Amy E. Bair, M.S.
Peak Performance Center
Director



framework. APEX teaches and trains the key mental skills that enhance the performance of the TRACK participants. The mastery of the skills comes from continued work with an Apex trainer throughout the academic year and during the externship. State of the art training and coaching in the Peak Performance Center incorporates bio-feedback as a key training and feedback tool for developing each of the mental skills. Acquiring these skills goes well beyond enhancing their TRACK-specific performance requirements. Mastering these skills make them life skills that helps them succeed in the next chapter of their lives. The Peak Performance Mental Skills training enables those who complete it to perform at their best when it matters most.

Stay tuned for more exciting expansion announcements from Apex...

About Apex Performance, Inc.

Apex Performance provides performance improvement services to military units, pro and college athletes and senior executives who need to build mental agility and mental toughness. APEX Performance provides training to deliver results on the core of leadership - self awareness, confidence, mental agility, and composure. Utilizing a combination of personalized development programs, follow-up coaching, and advanced sensory technology, APEX provides the tools and learning required to achieve sustainable peak performance.

Apex Performance is headquartered in Charlotte, NC.

14045 Ballantyne Corporate Place, Suite 350

Charlotte, NC 28277

Phone: 704-831-5614

www.apexperform.com

Apex Performance is a Service Disabled Veteran Owned Small Business.

PERFORM. EXCEL. SUCCEED.

TRACK



Louis S. Csoka, Ph.D.

President & Founder, has designed, developed, and implemented Leadership Development programs with primary focus on sustained peak performance. He has successfully delivered targeted results as a performance consultant with various organizations across a multitude of disciplines and industries. He has worked with organizations in applying peak performance technology as the primary lever for achieving extraordinary results.