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Louis Csoka and Paul Maggiano



Wharton Leadership Digest Article by Dr. Louis Csoka



The Inner Game of Leadership: Peak Performance for Business Leaders

Some say the first challenge of leadership is to know whom you lead. I say the first challenge of leadership is to know who you are.

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Nation's Corporate Executives Can Now Access West Point Performance Training to Meet Competitive Demands

CHARLOTTE -- Two West Point graduates have joined forces to bring their unique brand of performance training and leadership development to corporate executives around the country.

Retired Colonel Louis Csoka from West Point's Class of '65 and Paul Maggiano, Class of '95, have

formed APEX Performance, Inc. to train business leaders, world class athletes, medical professionals and front line operators in how to attain and sustain peak performance under the most demanding conditions. [Read on...](#)

Charlotte Business Journal Features APEX Performance

The Charlotte Business Journal featured APEX Performance, Inc. after the open house reception for APEX's new training facility. [Read on...](#)

APEX Performance Client Receives NASCAR Sponsorship



Leilani Munter, an APEX Performance client, recently received a sponsorship from Konica Minolta and is being featured with Danica Patrick in a new Hostess promotion for 2006.

"I am very calm and focused when I am driving a race car. But where I found this training to be very valuable is in the process of getting a sponsor. I never realized what a stressful process this would be and how critical positive thinking, clear focus and managing my stress levels would be to achieving my goal of finding a sponsor." [Read on...](#)

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