



**Trevor Moawad**

Director, IMG Performance Institute

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From the sideline to the boardroom, IMG Performance Institute (IPI) Director, Trevor Moawad, has received worldwide acclaim for his involvement in the field of mental conditioning and peak performance education. With a focus on total athletic and personal development, IPI consists of eight disciplines: Physical Conditioning, Mental Conditioning, Communication, Nutrition, Vision, College Advantage, Life Skills and Athletic Regeneration.

Moawad also serves as a mental conditioning consultant for more than 20 NCAA and professional sports organizations, including the University of Alabama, Florida State University, Jacksonville Jaguars, U.S. Soccer Federation and others.

Moawad received an early introduction to mental strength, with his father, Bob Moawad, representing an original contributor to Chicken Soup for the Soul and the President of the National Association for Self-Esteem.

