

# ACTIVATE OR STAGNATE

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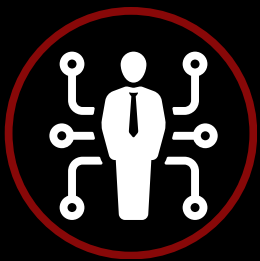
### Expert Topics

### About Gregory Griffith



How to activate Peak Performance skills

“In each of us is an infinite amount of energy to reach our maximum potential. Not realizing that is like having an engine running but never stepping on the gas. In order to drive the highway to success, you have to give more to be more. I invite you to spend the next 30 days with me to shift gears, and put your life into overdrive!” – Gregory Griffith



Activate your ability to function at maximum potential

Gregory Griffith has compiled 30 powerful inspirational strategies for success to empower your personal and business life. Gregory’s personal life experiences are infused into each strategy to give you real world insights that will propel your life to the next level—from the physical, mental and spiritual perspective



30 Days to a new you!  
Goals to live in balance in mind, body and spirit.

Gregory is a retired teacher for exceptional student education (ESE) for 31 years. He coached cross country teams for seven years using his unique style of motivation and he has completed 25 marathons using the same principles that he’s sharing in his book, Activate or Stagnate. Gregory, creator of P.E.R.P. (Personal Empowerment Recognition Program), has received multiple speaking certifications from several prominent speaker training organizations such as Toastmasters, CTM, The Professional Speakers Network and The Les Brown Speaker Training Network. He has been featured in the Florida Sun Sentinel, TheRaptor, and Ripples On Silverlakes among many other publications. Gregory has been a keynote speaker, edutainment specialist, coach & consultant since 2004



Activate your potential  
Live from the P3 perspective  
P1: passion  
P2: purpose  
P3: possibilities

Greg is a serial entrepreneur and serves as CEO of The Omni Griff Corporation, Omni Griff Properties and Gregory Griffith Productions, a multi-media entertainment company where he manages to balance a very rigorous performance schedule for private corporate clients across the country. Greg also serves as President and Consultant for The Urban Music Group. He recently was inducted into the Registrar of Who’s Who in America and is a member of 100 Black Men of America and Kappa Alpha Psi Fraternity. Greg received his BS Degree in Business Administration from Florida A&M University and Masters Degree in Exceptional Student Education (ESE) from Barry University.



Run Your First Marathon