

# Jonathan Spero

PHYSICIAN | RESEARCHER | SPEAKER



## BioStacking for Corporations

Whether you are a VP of Sales, HR Executive, or Meeting Professional, Dr. Spero shares strategies to maximize attendee engagement, learning, and purpose at your company meetings.

## BioStacking for Schools

Dr. Spero helps teachers and administrations create meaningful experiences for the classroom with neuroscience techniques that can give young people the tools they need to better cope with the stress in their daily lives.

## Custom Sessions

Optimal performance is dependent on your state of mind. The state of mind most closely correlated with optimal performance is called the "Flow State". Learn about Flow and the tools to reach this state easier and more often.

## Igniting Human Potential

*BALANCE YOUR NEUROTRANSMITTERS,  
REDUCE STRESS AND OPTIMIZE PERFORMANCE*

From the latest research in neuroscience, Dr. Jonathan Spero's novel and dynamic approach of BioStacking<sup>SM</sup> powerfully ignites human potential. Dr. Spero is a serial healthcare entrepreneur focused on improving the health and performance of employees for over 25 years. His most tenured company, InHouse Physicians, has been dedicated to protecting the well-being and productivity of meeting attendees worldwide.

InHouse Physicians regularly supports some of the highest profile corporate sales, incentive, and executive programs around the world including the Olympic Games and World Cup. Dr. Spero practices both Internal and Emergency Medicine. He is an expert on medical risk management in the meeting industry, healthcare cost containment in the employer space, and a leader in the field of neurobiology of human performance. Dr. Spero completed all of his education at the University of California and his residency in Internal Medicine at Scripps Mercy San Diego.

## Speaking Topics

*Optimizing Human Performance  
Attendee Engagement  
Next Generation Wellness*

*Healthcare Risk Reduction  
Meeting Industry Telemedicine  
Travel Recovery*