



John Rowley's amazing rise to the top has become the stuff of legend and inspiration. His credentials include being a college athlete whose career was cut short by a near fatal car accident, a career as a janitor and the nerve to tackle the high powered world of Manhattan real estate and the dynamic international field of bodybuilding and fitness.

Knowing success left clues, John immersed himself in the study and implementation of the science of human potential and peak performance. Success came but not without obstacles. John has been on the verge of bankruptcy and at times his family didn't have food to eat or money to pay the bills but was unwilling to give up. With his wife Cathy at his side and without connections he started at the bottom as a janitor in Brooklyn and then earned a position at one of the most prestigious real estate companies in Manhattan. John also bought R&J Health Studio, started several other companies and was involved with real estate investments over the years but he was always convinced that his savviest investment was in himself and in the people around him.

In real estate John made a name for himself managing some of the most prestigious properties on Park Avenue and the upper east side of New York and also managed the holdings of many notables including Harry and Leona Helmsley. While climbing his own personal ladder of success John became one of the youngest Senior Vice Presidents in the toughest real estate market in the world...Manhattan. Showing his Manhattan real estate success wasn't a fluke, he later conquered the world of Real Estate brokerage in the suburban market of Raleigh, NC. Without knowing the market or anyone in it, he earned the Hustler of the Year Award for RE/MAX his very first year in a new market. John has also been an active investor and was involved with the development of a residential community.

During his time in New York City, John also stretched his entrepreneurial wings by purchasing R&J Health Studio, the gym known as "The East Coast Mecca of Bodybuilding." R&J Health Studio received international attention when it was featured in the movie, Pumping Iron, starring Arnold Schwarzenegger and Lou Ferrigno. John is an internationally recognized author, speaker, entrepreneur, peak performance and fitness expert. He routinely consults with athletes and business people alike helping them to revitalize their bodies and ignite their passion, purpose and drive for excellence in all areas of their lives.

John is the pioneer in combining peak performance principles with physical and spiritual disciplines for complete and lasting success. His motivational, inspirational and sometimes bold tell-it-like-it-is attitude is a fresh approach to lifelong success and an inspiration to the audiences that hear and experience his life changing message.

What began as a young person's quest to reclaim his own life has grown into Rowley's lifelong obsession, a crusade to help individuals transform the quality of their lives in a significant way. To help and inspire everyone he touches to maximize their energy, passion, body and life forever and to live the life of their dreams.

Main benefit: Everything worth having requires an investment of energy – in other words, you can't just set goals -- you must ACT to attain goals! This has never been as evident in real estate as it is today. Most people don't fail because they lack the ability, the intelligence or the skill. They fail because they simply don't have the energy to succeed. You must have the energy to fuel your passions, abilities and skills in order to be successful as an individual and as an organization. John will not only show your group how to empower themselves but how to implement it into their personal and business lives. John will then take their new energy and show them how to build a successful real estate business by touching on all the areas of their business from prospecting for new business to setting up their office so they can handle the flow of new business and staying profitable.

John is on a crusade to help conquer the "Real Energy Crisis" by revitalizing individuals and organizations to operate at peak performance. The fact is, we don't need more knowledge and we can't get more time ... we simply need the tools to act! The missing link between wanting success and achieving success is the ability to execute the right things consistently! John drives this home in a powerful, inspiring and entertaining way to your group, and leaves them with tools they can immediately put into action to achieve greater results.