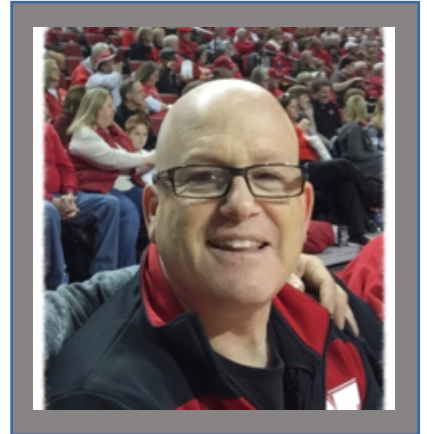
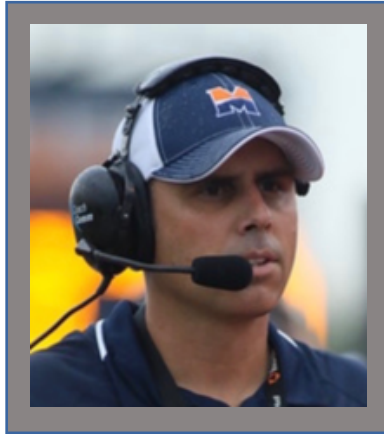


Jack Riggins & Larry Widman

Speaking together at the 2017 EcSell Institute Coaching Summit are Dr. Larry Widman (right) and Commander Jack Riggins (SEAL) (left). They will share their expertise on their proven methodology of training the mind and optimizing teams/groups. This methodology is a collaboration of over 40 years of Special Operations and High Performance Psychiatry founded by Dr. Widman and Commander Riggins (SEAL).



Their company, Performance Mountain, is a leadership and culture dynamics consulting company that focuses on the art, science and communication dynamics of elite performers and groups. Most recently Performance Mountain methodologies were instrumental in a two-year project with Nebraska Volleyball, culminating with a NCAA Division I National Championship in 2016.

Dr. Larry Widman has over 20 years of experience as a psychiatrist working in the high-performance arena as a Medical Director of two hospital-based substance abuse treatment centers, working with high ranking military personnel, consulting with individual Division I athletes/coaches/teams for University of Nebraska & Creighton University including three national championship teams from 2013-2015. He also consults with professional athletes in several sports as well as individual Olympic athletes. Larry is a native of Omaha, NE, graduated from Westside HS, graduated with a BS from Washington University in St. Louis before going to University of Nebraska Medical Center for his medical degree.

Commander Jack Riggins has 20 years of Naval Service leading Special Operations Forces throughout the world. He has been involved in numerous contingency operations and combat deployments in Asia, the Middle East, and South America. His last assignment was as the Combating Terrorism Lead for Special Operations Command Europe. Over the last six years Jack has consulted with numerous pro athletes, NCAA teams, and business leaders across the United States. Jack is a native of Fremont, NE who earned a NROTC scholarship and has a degree in Exercise Physiology from the University of Nebraska. Jack also has a MA in Global/international affairs and Inter-agency collaboration from Kansas University.