

TALKS, WORKSHOPS AND FACILITATION

Talks and workshops built on The Energy Guidebook, and retreats and peer group meetings run by Gerry Morton. Every session ends with something the audience uses the next morning.

AUTHOR, THE ENERGY GUIDEBOOK · CEO, NUTRISCIENCE · CHAIR OF TWO TIGER 21 GROUPS

THE ENERGY GUIDEBOOK

Five essentials. Ninety days. Much of a person's energy, strength and health depends on five things they can change: nutrition, movement, sleep, recovery and connection. The audience adds them one at a time, in a set order, so the habits last.

01 · THE FLAGSHIP KEYNOTE

Five Essentials. Ninety Days.

The five inputs that matter most and the order to add them in. The room scores three numbers at the start, learns one small change for each essential, and leaves with a ninety-day plan and a first step for Monday.

For any general or leadership audience. 30 to 60 minutes.

02 · THE WORKSHOP DEEP DIVE

The Five Essentials Workshop

The hands-on version. Each person scores themselves against the five essentials, builds a personal scorecard and leaves with a dated ninety-day plan. It can go deep on one area: sleep and recovery for leaders, or strength after fifty, with protein, training, the numbers to ask a physician for and what a GLP-1 medication means for muscle.

For executive teams, boards, forums and audiences over fifty. 60 to 120 minutes.

GERRY RUNS THE ROOM

Gerry plans and runs the room so everyone in it can take part, including whoever usually leads it. Twenty-two years in six peer groups across Vistage, EO, YPO and TIGER 21. He built four of them from scratch.

01 · RETREATS

Retreat Facilitation

Leadership offsites, board retreats, forum retreats and family council meetings. Confidential calls with each participant beforehand, an agenda built around the decisions that matter, questions before advice, a written summary and commitments followed up at 30 days.

For executive teams, boards, forums and family councils. Half day to two days.

02 · PEER GROUPS

Peer Group Meeting Facilitation

Gerry runs your forum, chapter or peer group meeting: the update round, a member's issue worked through with questions before advice, and commitments recorded at the end. For a group between moderators, a group that has gone flat, or a moderator who wants to take part for once.

For forums, peer groups and chapters. One meeting of up to four hours.

THE SPEAKER

Gerry Morton formed NutriScience Corporation in 2003 and has run EnergyFirst since 2004 and Greens Plus since 2016. He is the author of The Energy Guidebook, in print since 2004. He has spent twenty-two years in six peer groups across Vistage, EO, YPO and TIGER 21. He built four of them from scratch and has been in three for ten years or longer. He chairs two TIGER 21 Groups in Los Angeles, and in 2026 TIGER 21 named him its top new Chair worldwide and a Chair of Excellence. He is a YPO board member and a past President of EO Los Angeles. He holds an MS in Nutrition and an Executive MBA from UCLA Anderson, and has finished four Ironman races and more than fifty marathons. He has given commencement addresses at the University of Arizona Honors College (2013) and Villanova Preparatory School (2023).

FROM THE ROOM

"Great session with Gerry on health + energy with practical and actionable strategies that I was able to instantaneously implement and see results on."

TADD MILLER
CO-FOUNDER AND CEO, MILHAUS

"He brings a level of energy and enthusiasm that is contagious, but what stands out most is his ability to lead and genuinely connect with people."

GABRIEL SHAHIN, CFP, MBA
CHIEF EXECUTIVE OFFICER, FALCON WEALTH PLANNING

"I've been to dozens, perhaps hundreds, of strategic planning retreats. None was facilitated as effectively as the one Gerry led for us at Villanova Prep."

JIM LINK
PRESIDENT, VILLANOVA PREPARATORY SCHOOL

INCLUDED IN EVERY FEE

- A planning call and content tailored to the audience
- Slides and the Ninety Day Tracker for every keynote and workshop attendee
- A one-page summary sent the next morning
- Internal recording rights for keynotes and workshops. Facilitated meetings are never recorded.
- Nothing said inside any group is ever used as an example

ONE FEE SCHEDULE

The keynote and the workshop can be booked alone or together. Retreats are priced by length, at introductory rates for 2026–27. A peer group meeting is one fee.

FORMAT	LENGTH	FEE (USD)	WHAT THE ROOM LEAVES WITH
THE FLAGSHIP Keynote ENERGY	30 to 60 min, Q&A included	\$10,000	One fee whether the slot is 30 minutes or 60. The five essentials, three scores and a first step for Monday.
SAME DAY, SAME AUDIENCE Keynote + workshop ENERGY	Up to 3 hours	\$13,500	The keynote, then the workshop. Each person builds a personal scorecard and leaves with a dated ninety-day plan.
THE DEEP DIVE, OR A BREAKOUT Workshop alone ENERGY	60 to 120 min	\$6,500	All five essentials, or one area in depth: sleep and recovery for leaders, or strength after fifty.
HALF DAY · UP TO 30 The Energy Audit ENERGY	3.5 hours	\$15,000	Pre-work two weeks ahead. Each participant scores themselves against the five essentials, redesigns a real week and leaves with a dated ninety-day plan, a plan for bad weeks and an accountability partner.
FULL DAY · UP TO 40 · BOOK INCLUDED The Ninety Days ENERGY	8:30 to 4:15	\$22,500	Four modules across the five essentials, a personal ninety-day plan for every participant, an organizational version for the host and a signed book on every seat. Includes a virtual check-in at day 30.
ADD-ON TO ANY WORKSHOP OR RETREAT Follow-through ENERGY FACILITATION	3 × 60 min virtual	\$7,500	Three live group sessions over the following ninety days to re-score, fix what has stalled and keep commitments on track.
HALF DAY TO TWO DAYS · UP TO 20 · INTRODUCTORY Retreat FACILITATION	Half day Full day Two days	\$7,500 \$12,500 \$20,000	Gerry plans and runs your offsite or retreat. Confidential calls with each participant, an agenda built on the real decisions, a written summary and a 30-day follow-up.
FORUM, CHAPTER OR PEER GROUP Peer group meeting FACILITATION	Up to 4 hours	\$5,000	Gerry runs your group's meeting: the update round, a member's issue worked through with questions before advice, and commitments recorded at the end. Longer meetings are priced as a retreat.

Also available

Virtual keynote	\$6,500
Peer-network rate	\$5,000

The peer-network rate covers a keynote or workshop for a YPO, EO or Vistage chapter, forum or group meeting. Forum retreats for these groups are \$5,000 a day. Sessions for TIGER 21 carry no fee.

The Energy Guidebook

Fifth edition, hardcover	\$34.95
20 to 49 copies, each	\$28
50 to 199 copies, each	\$24
200 copies or more, each	\$20

Signed and shipped to your venue. Personal inscriptions on request.

Terms

- No travel fee within Southern California. Elsewhere in the US, a flat \$2,000 covers airfare, two nights and ground transport. Hawaii, Canada and international by arrangement.
- 50% deposit on signature, balance 14 days before the event.
- Postponed with more than 30 days' notice: the deposit carries to a new date within 12 months.
- Energy sessions share general information about habits, not medical advice.

TO CHECK A DATE OR ASK A QUESTION

gerrymorton.com/contact