



ROBERT RUDELIC, B.S., N.M.T., M.E.S.

US Citizen born April 5, 1959 in Detroit, Michigan

E-mail: robert@robertrudelic.com

San Francisco, California USA

HealthCare Professional / Health Educator / Invincible MindSet Training

- ▶ Physiotherapy Practitioner ▶ Medical Researcher ▶ Author ▶ Product Developer
- ▶ Seminar Leader ▶ Personalized Nutrition Planner ▶ Athletic Trainer
- ▶ Product Spokesperson ▶ Peak Performance Integrative Sports Therapist

- Possessing advanced coaching/teaching skills with practical applications in sports.
- Closely associated with the International Scientific and Research community.
- Up-to-date on health related studies and cutting-edge technologies.
- Distinct advantage in new product development with direct links to latest findings.
- Exclusive microencapsulation patented technology for nutritional supplements.
- Experienced in television and radio.
- Twenty plus years in the health industry.
- Developing systems for injury prevention enabling athletes' long term careers.

Areas of Expertise

Physiotherapy Modalities

- ▶ Mental Skills Training with EFT / PowerTapping
- ▶ FSM – Frequency Specific Microcurrent
- ▶ Neuro-Muscular Therapy
- ▶ Medical Exercise
- ▶ Somatic Movement Re-Education
- ▶ Active Isolated Stretching
- ▶ Deep Muscle / Connective Tissue Therapy
- ▶ Joint Specific Mobilization Management
- ▶ A.R.T. – Active Release Technique
- ▶ Post Injury and Post Surgical Rehabilitation

Leadership

- ▣ Keynote Speaker
- ▣ Conducting Seminars / Workshops
- ▣ Hosting Seminars / Workshops for World Renowned Educators
- ▣ Television Infomercial Spokesperson
- ▣ Television and Radio News Expert on Health Issues
- ▣ Teaching Curriculum Consultant / Planner / Instructor
- ▣ Athletic Event Organizer

Education

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| BS | Shaw College at Detroit
Health & Physical Education | June 1982 |
| NMT | National Holistic Institute
Neuromuscular Therapy | August 1988 |
| MES | American Academy of Health & Fitness
Medical Exercise Specialist | November 1997 |

Specialized Professional Trainings and Certifications

- ▶ Gary Craig – EFT (Emotional Freedom Technique)
- ▶ Steve Wells – EFT, SET, PET
- ▶ David Feinstein – Energy Psychology
- ▶ Donna Eden – Energy Medicine
- ▶ Dr. Carolyn McMakin – Frequency Specific Microcurrent
- ▶ Paul St. John – Advanced Neuromuscular Training
- ▶ Bob King – Myofascial Release and Injury Rehabilitation
- ▶ Aaron Mattes – Active Isolated Stretching
- ▶ Susan Koneig – Hanna Somatics
- ▶ Jean Claude West – Structural Mechanics; Orthopedic Analysis
- ▶ Lee Shabas – NMT for Chronic Pain Patients
- ▶ Usus Shiki Ryotto – Reiki System of Natural Healing
- ▶ Paul Chek – Strength and Conditioning Coaching
- ▶ John Harris – Sports Massage
- ▶ Dr. Nelson Vetanze – Active Release Technique
- ▶ Candace Pert Ph.D. – Molecules of Emotion
- ▶ Dr. James Oschman – The Living Matrix

Professional Experience

- Private Clinical Practice, San Francisco, California 1989 – Present
- Oakland Raiders, Team Therapist 2003 / 2004 Season
- Paramount Pictures, Movie Set Therapist (The Longest Yard) 2004
- Pickett Racing, Team Therapist 2005 – 2011
- Professional Sports Clients: Past / Present –
Oakland Raiders, San Francisco 49er's, Denver Broncos, New England Patriots, Carolina Panthers, Baltimore Ravens, Cleveland Browns, Jacksonville Jaguars, Houston Texans

Professional Affiliations

- ▣ American College of Sports Medicine – Registration # 616288
- ▣ American Massage Therapy Association – Registration # 48295
- ▣ Association for Comprehensive Energy Psychology / ACEP

Publications

*Book – **Anything Is Possible – The Art & Science of Tapping Into Your Power***
by Robert Rudelic, BS, NMT, MES
Published 2005 – Updated 2017

Subject – PowerTapping®, a technique developed by Robert Rudelic that can quickly and easily relieve unwanted, negative emotions and permanently change beliefs forever. The book is a no-nonsense, psychobabble-free approach and written for use by anyone of any age.

*Book – **Everything in Life is a Performance***
by Robert Rudelic, BS, NMT, MES
Published 2020

Subject – A blueprint on how to train your mind like a champion and have the mindset of a Victor not a victim. What makes this book unique is that Robert has integrated video PowerTapping coaching sessions within the chapters that you can access in the moment and join him to enhance your experience mentally, emotionally, and physically so you have an actual experience. Having the actual experience takes you beyond just knowledge – you know!

Personal Activities and Interests

- Class V white water, river rafting, pioneering the sport of Catarafting
- Snowboarding
- Cycling, both mountain biking and road racing
- Weight Training
- Personal Development and Behavioral Modification

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