

## Spartanology

Certification in resilience, health, fitness, and self-care



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### Yancy Culp

Yancy Culp has been competing and coaching in the sport of obstacle course racing (OCR) since 2011. In 2013 he met Spartan Founder/CEO Joe Desena while completing the 72 hour Death Race in the mountains of Pittsfield Vermont. Since then, he's completed many Spartan Ultra Beasts, Beasts, Supers, and Sprints. He finished top 50 in the Spartan elite points standings for 2014 & 2015.

He's also won Joe Decker's 12 hour "The Suck" event twice. He's a competitive Master's Track and Field athlete who's been competing in track, road, and trail racing since his high school and college days when he was a state of Texas medalist in the 1600m and went to the University of North Texas on a Track/Cross Country scholarship. He was also a Powerlifter and Football player in high school and spent four years in the US Navy where he began to realize his true passion for fitness. After the Navy, Yancy played a year of Semi-Pro Football in the California based PFL.

For the past 18 years, he and his wife, Amy, have partnered together to provide nutrition & fitness coaching through their businesses YancyCamp.com and sCULPture Nutrition & Fitness. Amy is also the Director of Sports Performance Nutrition for the University of Texas Longhorn Athletic Department. For 20+ years Yancy has been coaching personal training clients, large group fitness boot camps clients, OCR athletes, running athletes, and MS, HS, and collegiate athletes in various sports.

In 2015, he launched **YANCY CAMP** where he and fellow Yancy Camp coaches provide online coaching for elite, age group, and open category OCR athletes, CrossFit athletes, triathlon athletes, and sports performance nutrition support.

Yancy enjoys keeping many other irons in the fire:

- Program Manager for **DEKAFIT** by Spartan
- Active Lifestyle Coach for HumanN
- Power Systems Master Coach
- Spartan SGX Coach
- Motivational Speaker
- US Army BOSS Strong Coach
- Father to two amazing kids – Lily & Scout



### Dr. Lara Pence, PsyD, MBA

As a Licensed Clinical Psychologist, Dr. Pence has spent the last decade working with individuals as they peel back the layers of their outer shell, cast aside the unhealthy patterns that are keeping them stuck and unfulfilled, and begin to build a new, more resilient and adventurous sense of self. She completed her doctoral degree at Widener University while concurrently completing her Masters in Business Administration.

Early in her career, Dr. Pence worked primarily in various treatment settings but began her own business and private practice just two years after fulfilling her post-doctoral work. She opened Pence Psychotherapy

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and ultimately, success.

Dr. Pence, known in the Spartan community as "Dr. L", serves as the Chief Wellness Specialist for Spartan and hosts Spartan Mind, a weekly podcast that serves up helpful tools for individuals looking to improve their mental toughness and acuity. She also works with the Unbeatable Mind Coaching Program, helping coaches serve their clients effectively and purposefully. She recently founded [LIGHFBOX](#), a tool to help individuals become more self-aware and make better choices on their life course. She has been featured in various publications and media outlets such as Good Morning America, the BBC, Glamour, Vogue, WebMD, Psychology Today, and The Huffington Post.



### **Pete Cohen**

Pete Cohen is an incredible and impactful motivational speaker. From a young age, Pete Cohen wanted to be an actor. It was on stage that he felt most alive and felt connected to his purpose. To him, there was magic in the ability to unlock emotions in his audience: to make them laugh and cry and to change the way that they looked at life. Even at this early age, he knew he had been put on Earth to be on stage.

However, as a severe, undiagnosed dyslexic, the young Pete couldn't learn lines very well and struggled to get parts in school productions. On one occasion, he was fired partway through the rehearsals because he didn't know his lines.

He left school without qualifications and with no real direction – but still a passion to perform. He loved to exercise and, one day, noticed someone leading an aerobics class at his local gym. To him, this was an opportunity to do what he loved – to get up in front of people and make them feel good: only through exercise rather than drama.

He took a course in sports science and then became a personal trainer. As he noticed the pattern of people joining a gym, coming for a while and then giving up, his natural curiosity led him to study psychology. In one of his gym classes, he started to talk about beliefs and how they affected performance. These conversations about mindset started to create results for his classes and, on one occasion, one of his participants asked him to speak at their organization.

Pete is a leading inspirational speaker and coach specializing in leadership, maximizing human potential and performance. He has been dedicated to supporting organizations and the people within them to take the lead, use their personal initiative, be more resilient and self-confident. As a coach, he knows exactly what holds people back. Pete explains that "What holds people back is the interference in their minds and self-limiting beliefs."

Pete offers quick, powerful interventions that can easily be applied and make a significant difference immediately. Pete says "It's always a pleasure to come into an organization and share my experiences, learned from keynote presentations and coaching with top companies throughout the world.



### **Kristen Ulmer**

Kristen Ulmer is a high-performance facilitator, mindset sports coach and author of: *The Art of Fear, Why Conquering Fear Won't Work and What to Do Instead*.

Her education comes from real-life experience, including being the best woman big mountain extreme skier in the world for 12 years. Kristen was also voted the most fearless woman athlete in North America by the outdoor industry. After retiring as a pro, she intently studied Zen for 16 years and has now facilitated tens of thousands of clients on accessing flow states and peak performance. Some of them include Google, Citigroup, Phillips Exeter, Olympic athletes, and the US Air Force.

Her excellent work has been featured in such media as NPR, The New York Times, The Wall Street Journal, Forbes, USA Today, Outside Magazine, Sports Illustrated, Tim Ferriss's book "Tribe of Mentors" and many more. Two feature length movies about her life and work were just released Jan and Oct. of 2019, respectively. She was also inducted into the US Ski and Snowboard Hall of Fame Sept. of 2019. Kristen teaches and keynotes about mindset, flow, embracing change, and what to do about fear/anxiety all over the world.



### **Dan Magalhaes**

Dan Magalhaes is a nutrition coach, trainer, and owner of [Evolve Performance Nutrition](#).

Dan has spent the last decade working in the fitness industry, providing him with an understand of the practical challenges people face in

Most people think of nutrition as a short-term strategy to achieve health, body composition or athletic performance goals. In addition to helping people meet their specific goals, he believe that nutrition should be a journey of self-discovery and understanding how the way you think about the world influences your relationship with food and self-care. Nutrition coaching is about helping people along that journey, while building a personalized toolkit of strategies given each individual's unique needs and lifestyle. The goal of investing time in your nutrition should be to build a sustainable approach to food focused on personal growth, well-being, improved quality of life, and building a great relationship with food.

