

Rick Perea, Ph.D: Transforming Lives and Organizations Through Performance Psychology

Dynamic Practitioner, Author, and Motivational Speaker Leads the Charge in Behavioral Design and Mental Wellness



New York City, New York Feb 20, 2025 ([Issuewire.com](https://www.Issuewire.com)) - Rick Perea, Ph.D., affectionately known as Dr. P and celebrated as the Good Doctor, is making a significant impact in the field of Performance Psychology. As the CEO and Founder of ThinkOne: The Behavior Design Specialists, Dr. Perea leads a comprehensive consultation organization based in Denver, Colorado, dedicated to enhancing individual

and organizational communication and behavior.

Dr. Perea's mission is clear: to empower individuals, groups, and organizations to achieve meaningful change that aligns with their goals and objectives. Through customized programs grounded in Performance Psychology, ThinkOne provides tailored solutions that address the unique wants and needs of clients, fostering motivation and enhanced performance. “WE HELP PEOPLE and ORGANIZATIONS ACQUIRE MOTIVATION AND PERFORM BETTER!” says Dr. Perea, emphasizing the transformative power of his approach.

In addition to his role at ThinkOne, Dr. Perea serves as the Neurological Pathway Creator of Psyked, an innovative organization focused on connecting adolescents to vital support systems. By using colorful clothing, accessories, and psychological beverages, Psyked aims to create an emotionally safe environment for young people to seek help, ultimately preventing suicide and promoting mental wellness.

Dr. Perea is a highly sought-after motivational speaker, life and performance coach, and executive consultant. His energy, passion, and expertise have made him a favorite among some of the world's top-performing organizations, including Ultimate Software, Apple, Google, Noodles & Company, and the Denver Fire Department. His insights into organizational performance have proven invaluable, enhancing workplace dynamics and fostering a culture of excellence.

Moreover, Dr. Perea has made substantial contributions to elite sports organizations, serving as the Performance Psychologist for the World Champion Denver Broncos during the 2015/2016 season and working with numerous other professional teams, including the Colorado Rockies, Denver Nuggets, Cleveland Browns, New York Giants, Arizona Diamondbacks, San Francisco 49ers, and Miami Dolphins. His expertise extends beyond sports, as he coaches high-performing individuals in various fields, including first responders, pilots, surgeons, attorneys, engineers, and CEOs.

Dr. Perea is also a respected author, having published “DECISION POINT: The Moment Leaders Are Born – The Psychology of Leadership in the Face of Trauma & Tragedy.” This groundbreaking book serves as a comprehensive guide for individuals seeking to navigate the challenges of trauma and tragedy while cultivating resilience and leadership skills. Dr. Perea presents core principles to understand the psychology behind these experiences and offers a game plan for readers to embrace their roles as champions of their own lives.

In addition to his professional accomplishments, Dr. Perea is honored as a member of both his High School and College Hall of Fame and is recognized as a Designated Distinguished Academic Alumnus at both the undergraduate and graduate levels.

With a unique blend of artistry and scientific insight, Dr. Perea embodies the ethos that science and art intersect in profound ways. As Albert Einstein eloquently stated, “After a certain high level of technical skill is achieved, science and art tend to coalesce in esthetics, plasticity, and form. The greatest scientists are always artists as well.” Dr. Perea's work continues to inspire and uplift individuals and organizations, making a lasting impact in the realm of performance psychology.

Learn More about Dr. Rick Perea:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/85023100-Rick-Perea-Psychologist>, through ThinkOne: The Behavior Design Specialists, <https://thinkone4you.org/teacher/dr-rick-perea-ph-d-principal/> or through Psyked, <https://www.psyked.org/about-3>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey toward optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

*****@yourhealthcontact.com

Source : Dr. Rick Perea

[See on IssueWire](#)