

Dr. Christopher Neck '82 Motivates Thousands by Example

By Jennifer J. Rouse

Discipline, good attitude, public speaking and writing are four skills **Dr. Christopher Neck '82** claims he learned while at Catholic High School and believes these skills are the keys to his present success. Neck has combined these attributes to develop the self-confidence he needed to inspire and motivate others.

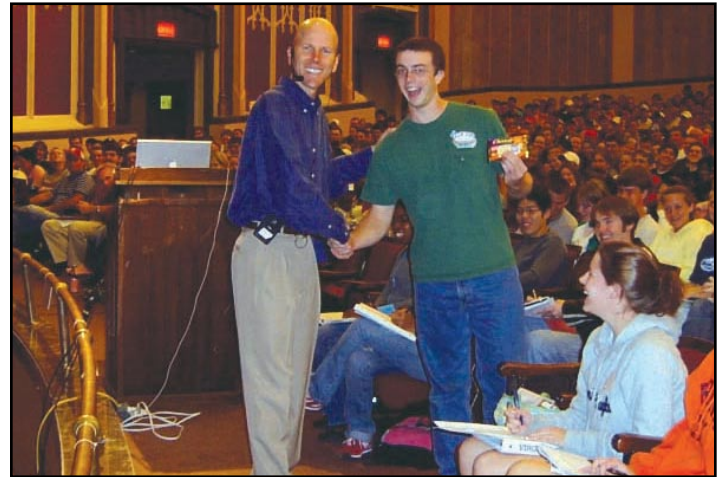
Neck was not a Man of the Year nor a record-setting athlete while a student at Catholic High. He spent his high school years as a self-proclaimed “loner” trying to discover himself. It was only after his graduation from CHS that he realized he had been developing the gifts and talents in high school — talents that he would later use to inspire thousands of people to master self-leadership, overcome challenges and achieve their goals.

“I can trace my success back to my former teachers: Brother Gordian, **Lou Clouâtre '46**, Coach Randow and Mr. Delacroix. They all sparked things in me that made me

appreciate my gifts. Catholic High prepared me to soar. I learned how to fly at CHS but did not get my wings until graduation,” commented Neck.

The skills Neck developed during his years at CHS have been the basis for his five books and over 80 publications and journal articles. Neck has been published in journals such as *Journal of Organizational Behavior*, *Academy of Management Executive* and *Human Relations*. He has also authored such books as *Fit to Lead: The Proven 8-week Solution for Shaping Up Your Body, Your Mind and Your Career*; *Wisdom of Solomon at Work*; and *Medicine for the Mind: Healing Words to Help You Soar*.

Medicine for the Mind is used by many athletic coaches as motivation for their players. Each player on the Virginia Tech basketball team owns a copy of Neck's book. His former classmate, University of Louisiana at Monroe's Head Baseball Coach **Jeff Schexnaider '82**, refers to quotes in his book to motivate his team before



LECTURE. Dr. Christopher Neck '82 (left) has taught Management Practices to over 1,000 students each semester at Virginia Tech for the last 13 years.

games. “A day doesn't go by when I don't thumb through the pages of his book to find something that fits me or our ball club that day. It hasn't failed me yet,” commented Schexnaider.

Although Neck enjoys writing, his first love is teaching. He has taught a management practices course to over 1,000 students at Virginia Tech each semester for the past 13 years. His class has the largest enrollment at

Virginia Tech. Neck uses his platform to inspire his students to accomplish their goals regardless of any obstacles or criticism. He remembers being told he could not finish his Ph.D. at such a young age, that he could not teach a class of 1,000 and that he could not write a book at his level of professorship. Dr. Neck accomplished all of his goals. He feels that he is now giving back to Catholic High by helping others to be their own person, set their own goals and follow through with their goals.

In addition to earning his M.B.A. from Louisiana State University and his Ph.D. in

Management from Arizona State University, Neck has also excelled physically. He began running while in high school during his lunch breaks and after school. He was given special permission by Brother John to run on the track during lunch. After joining the CHS cross country team,

Neck began training for his first marathon which he ran his junior year. Since then, he has completed over 12 marathons, including the Boston Marathon, New York City Marathon and San Diego Marathon.

Chris admits he carries a part of Catholic High with him every day. Before each exam he quotes Brother Gordian by telling his students, “Keep your wits about you.” He remembers fondly how Brother Gordian would always remind them that they knew the material and they were prepared.

Chris and his wife, Jennifer, live in Blacksburg, Virginia with their two children, eight-year-old Bryton and four-year-old GiGe.

Dr. Neck's website is www.chrisneck.com.



ALL-STAR BOWL. Catholic High School was the recipient of a lap top computer from the Army as part of the All-Star Football game. Catholic High won the computer because the school had the largest student attendance at the game. Participating in the All-Star Bowl were seniors Thomas Broussard, Logan Roubique and Matthew Broha. Broussard and Broha were named co-defensive players of the game. Lt. Col. Eric B. Keys (right), of the U.S. Army Recruiting Battalion, presented the computer to (from left) CHS President Gene Tullier, Thomas Broussard, Logan Roubique, Matthew Broha and CHS Principal Brother Barry Landry, SC.