



Jeff Benton

Founder & CEO

Paragon Performance Evolution

As many of these stories go, I founded Paragon based on my journey. I've always been curious about human performance and the more profound connection to the mental, emotional, spiritual and physical. I've also consistently cherished studying with true Masters of their trade, learning how they acquired and developed their gifts and skills.

My deep dive into the human experience escalated drastically after a family tragedy, the suicide of my mother, testing the boundaries of my resilience, purpose and well-being. I realized my external world looked ideal on paper, but the truth was that fear, anxiety, anger, and the imposter syndrome were all driving me.

My family tragedy finally had me in a place to make real change in my life. I committed to finding the path of my truth and a better way to exist in the world. This commitment prompted my transformational world tour, flying to retreats, workshops, and meditations. I studied with spiritual masters and brain scientists, learning ancient wisdom and cutting-edge technology. Throughout the process, I became obsessed with self-development and self-awareness.

A few years into my journey, I woke up one morning, realizing my path had evolved from being reactive to becoming proactive. Instead of focusing on eliminating the pain inside, I concentrated on how far I could push my human performance in all areas of life. Gratitude was a driving force each day.

Paragon allows me to combine my deepest passions of connecting people and supporting individuals in their journey of transformation, and to be a human lab exploring what is possible in this lifetime.