



Rest Refocus Recharge

Facilitator(s):	Greg Wells
Date:	April 30, 2021
Time:	9:00 am – 10:15 am
Cost:	No charge
Location:	Virtual
Type:	Webinar
Session Code:	21-MH-391

Target Audience

District Leaders/Consultants, Learning Coaches, Inclusive Learning Teachers, Educational/Instructional Assistants

About this Learning Opportunity

Apply the cutting edge-edge science of brain states to perform at the highest possible level.

What would it take for each one of us to really thrive? Optimize our learning? Expand our creativity? Transform our lives? Dr. Greg Wells answers these questions so you can install the routines and strategies needed to amplify your focus, learning, creativity, innovation and performance.

Based on the latest research on brain and body function, interviews with world-leading health experts, and a lifelong study of ultra-performing individuals, Dr. Wells has developed a framework that enables us all to perform at the highest level while improving mental and physical health.

In this engaging session, Dr. Wells translates complex science about brain waves, activation pathways and mind-body connections into usable techniques and bio hacks. Learn how to energize the body to engage the mind, trigger brainwaves to amplify focus, and leverage sleep and nature to boost creativity.

Key Learnings:

- Slow down to speed up.
- Your brain wasn't designed to be in constant go mode.
- Constantly driving yourself undermines your performance and health.
- Rest and relaxation are critical for peak performance and optimal health.
- There are five different brain states, each with a distinct function: recovery, learning and strategic thinking, focused execution, creativity, and peak performance.

About the Facilitator(s)

In high performance business situations, the human mind and body have to work together for ultimate results. **Dr. Greg Wells** is a health and high performance expert who, as a scientist and physiologist, has dedicated his career to making the science of human limits understandable and actionable. In his informative and engaging keynotes, Wells draws parallels between elite athletes and top executives to help business leaders perform at the highest level, even when under the most extreme circumstances.

For more than 25 years, Wells has worked with some of the highest-performing individuals on the planet, including Olympic and World champions, as well as organizations ranging from General Electric to BMO, Deloitte, KPMG, BMW, Audi, Sysco Foods, YPO, and Air Canada. He is also committed to inspiring children and young adults through his close working relationship with several school boards and independent schools.

A veteran endurance athlete himself, Wells has participated in the grueling Nanisivik Marathon 600 miles north of the Arctic Circle; Ironman Canada; and the Tour D'Afrique, an 11,000 km cycling race that is the longest in the world. He is also a travel and expedition adventurer who has journeyed through every imaginable terrain and conditions in more than 50 countries.

Wells is the author of four bestselling books: *Superbodies*, *The Ripple Effect*, *The Focus Effect*, and his most recent, *Rest, Refocus, Recharge: A Guide for Optimizing Your Life*. He also hosted the award-winning *Superbodies* series, which aired on Olympic broadcasts worldwide in 2010 and 2012. As a speaker, Wells has travelled the world speaking at events



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such as TEDx and The Titan Summit, and has shared the stage with Robin Sharma, Richard Branson, Steve Wozniak, and Deepak Chopra.

Wells has a PhD in Physiology, served as an Associate Professor of Kinesiology at the University of Toronto, and is currently a senior scientist at the Hospital for Sick Children in Toronto. He is also the CEO and founder of Wells Performance, a global consulting firm committed to achieving the moonshot of helping teams, schools, and businesses become places where people get healthy, perform optimally, and reach their potential.

This learning opportunity is being subsidized through funding from Alberta Education.