

# Overcoming Overwhelm and Burnout



PRESENTED BY

**Dr. Greg Wells**



SERIES SESSIONS

Date	Time
February 04, 2022	9:00 AM - 10:00 AM



LOCATION

**Virtual - Online**

FEE

**\$0.00**

QUESTIONS?

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## Program

This program is closed to GPPSD and PWSD Staff only

## Presenters

### Dr. Greg Wells

As a scientist and performance physiologist, I have dedicated my career to exploring and researching human limits and making that science understandable and actionable. I served as a tenured Associate Professor of Kinesiology at the University of Toronto. I am currently a scientist in Translational Medicine at the Hospital for Sick Children, where my research is focused on improving outcomes in children with chronic diseases via physical activity. As part of my academic life I've published over [60 papers in scientific journals](#) and raised over \$1 million for research. I have worked as the Director of Sport Science for the Canadian Sport Centre where I acted as a physiologist for more than 200 international level athletes.

As much as knowledge creation has been a big part of my life, making science actionable is equally important for me. I have written 4 bestselling books - Superbodies, The Ripple Effect, The Focus Effect & Rest Refocus Recharge. I love public speaking and I have presented to audiences all over the world at events such as TEDx and The Titan Summit,

sharing the stage with Richard Branson, Steve Wozniak and Deepak Chopra. Perhaps the most fun I've ever had professionally was as the sport science analyst and host of the Gemini Award winning Superbodies series for CTV at the 2010 and 2012 Olympics.

I am the CEO and founder of [Wells Performance](#), a global consulting firm on a mission to elevate how we live our lives at work and in life. I have worked with some of the highest-performing individuals on the planet, including Olympic and world champions and elite organizations including General Electric, BMO, Deloitte, KPMG, BMW, Audi, Sysco Foods, YPO and Air Canada. I am also committed to inspiring children and young adults, working with school boards and independent schools around the world.

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