

DR GREG WELLS

**Optimize Performance and Health by
Applying the Science of Brain States**

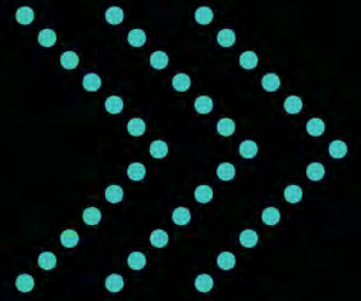
Rest, Refocus, Recharge

Dr. Greg Wells has a simple message for you: **slow down to speed up**. Conventional wisdom has always said that achieving more means pushing harder. It's not true. Our brains aren't built to be in constant go mode.

Sure, there are times when driving hard is key. But those moments can't happen without rest and relaxation. What's more, knowing how to step back will enable you to achieve peak performance when a big moment comes along. It also fosters optimal health and longevity.

So how do you do it? Dr. Wells' framework empowers you to be intentional about giving your brain what it needs for recovery, learning, strategic thinking, focused execution, creativity and peak performance.

Based on his new book *Rest, Refocus, Recharge* and 25 years' spent studying elite performance, this transformative session is full of accessible explanations, memorable stories and actionable techniques that will help you achieve your potential, individually and as a team.



CONTACT US:

For more information or to book Dr. Greg Wells:

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#restrefocusrecharge

**GW
WP**

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.

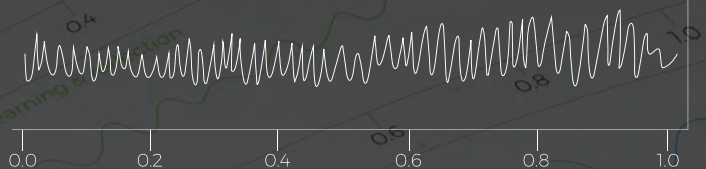
By intentionally triggering these brain states, you can achieve your potential, individually and as a team.

HUMAN BRAINWAVE PATTERNS

GAMMA

30-100 Hz
Hz = Cycles / Second

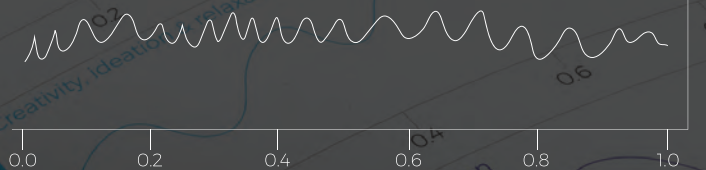
Peak perception, function & experience



BETA

16 - 30 Hz
Hz = Cycles / Second

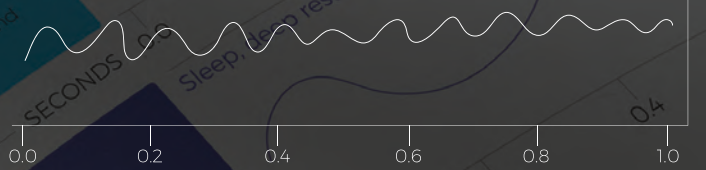
Focused, alert & energized



ALPHA

8 - 15 Hz
Hz = Cycles / Second

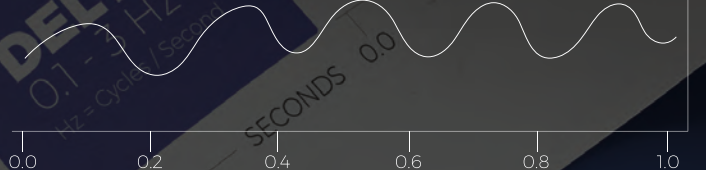
Metacognition, learning & reflection



THETA

4 - 7 Hz
Hz = Cycles / Second

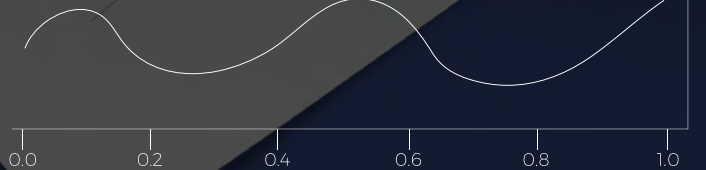
Creativity, ideation & relaxation



DELTA

0.1 - 3 Hz
Hz = Cycles / Second

Sleep, deep rest & regeneration



REST, REFOCUS, RECHARGE

Slow Down to Speed Up

MODE	BRAIN WAVES	BODY, MIND, SPACE
Peak Performance	Gamma 30-100 Hz	Body in The Zone Pure Perception Love, Gratitude and Compassion
Relax + Create	Theta 4-7 Hz	Slow Repetitive Movement Open Mind Solitude
Refocus + Execute	Beta 16-30Hz	Energized Body Engaged Mind Music
Reflect + Learn	Alpha 8-15Hz	Calm Body Reflective Mind Nature
Recover + Sleep	Delta 0.1-3 Hz	Low Heart Rate and Temperature Calm Mind Darkness

#restrefocusrecharge



GAMMA

30-100 Hz

Hz = Cycles / Second

BETA

16 - 30 Hz

Hz = Cycles / Second

ALPHA

8 - 15 Hz

Hz = Cycles / Second

THETA

4 - 7 Hz

Hz = Cycles / Second

DELTA

0.1 - 3 Hz

Hz = Cycles / Second