

The Corporate Olympian: Peak Performance Secrets for Business Leaders

Dr. Greg Wells, a scientist who specializes in extreme human physiology, draws the parallels between elite athletes and top executives to help business leaders perform at the highest level, even when under the most extreme circumstances.

In this presentation, Wells shows the audience how the science behind world-class athletes can improve the performance and health of people in the business world.

In today's highly complex and rapidly changing global business environment, executives perform at their best when the human mind and body work together, achieving ultimate results. Olympic athletes train and compete at the highest levels on a consistent basis over many years. They face the pressures and stresses of setbacks, change, travel, competition, and performance on demand, and still find a way to excel. These are the same challenges that are faced by business people, and the techniques that Olympians use can be applied by anyone at any time to ensure success.

This talk is based on the bestselling book, *Superbodies: Peak Performance Secrets from the World's Best Athletes*.