

A Provincial Wellness and Physical Education Conversation for Educators (and their students) with Dr. Greg Wells



PRESENTED BY

Dr. Greg Wells



SERIES SESSIONS

Date	Time
November 29, 2023	9:00 AM - 11:00 AM



LOCATION

Your computer - Your home

FEE

\$0.00

QUESTIONS?

Contact Us:

403-381-5580

REGISTER ONLINE

Visit our website to register:

sapdc.ca

Program

This webinar format session is being made available to school divisions and/or individual schools across Alberta, supporting the work of staff wellness and providing background knowledge in support of several of the organizing ideas of the new Physical Education and Wellness Curriculum.

Dr. Wells spent two hours drawing connections with the work he is researched and written about in his books:

Powerhouse (April 2023)

Rest, Refocus, Recharge: A Guide for Optimizing your Life (2020)

The Ripple Effect: Sleep Better, Eat Better, Move Better, Think Better (2017)

Superbodies: Peak Performance Secrets from the World's Best Athletes (2012)

and the organizing ideas that provide the structure for the Alberta Physical Education and Wellness curriculum.

Over the course of the two hours, educators received information that can improve their own physical capacity and wellness, as well as reflect on where and how that learning can be applied in age-appropriate ways from kindergarten through grade 12.

The Webinar format included some questions from those who participated live on August 29th.

Registering between August 29th and November 29th provides access to the recording and materials.

Dr. Greg Wells has indicated that the recording may be used by those Divisions and Schools who have registered until November 30, 2023

Bonus:

We invite all registrants to access the [ARPDC Podcast](#) recording that was released on Tuesday, June 6, 2023, where Dr. Greg Wells shared some tips and thoughts for Teacher Wellness for the Summer aligned with the Physical Education and Wellness curriculum organizing ideas:

Active Living

Movement Skill Development

Healthy Eating

Healthy Relationship

Presenters

Dr. Greg Wells

CEO and found of Wells Performance, a global consulting firm on a mission to elevate how we live our lives at work in life, Dr. Greg Wells is committed to working with leaders and educators to create the best possible environment, organizational and individual habits and culture for wellness. Greg's work touches upon all the pillars of wellness and well-being drawing upon an extensive lived experience and personal study.

Dr. Wells is a scientist and performance physiologist and has dedicated his career to exploring and researching human limits and making that science understandable and actionable.

Dr. Wells has served as a tenured Associate Professor of Kinesiology at the University of Toronto and is currently a scientist in Translational Medicine at the Hospital for Sick Children, where his research is focused on improving outcomes in children with chronic diseases via physical activity. As part of his academic life he has published over [60 papers in scientific journals](#) and raised over \$1 million for research.

Dr. Wells has worked as the Director of Sport Science for the Canadian Sport Centre where he acted as a physiologist for more than 200 international-level athletes.

As much as knowledge creation has been a big part of his life, making science actionable is equally important. This is a driving force in Dr. Wells willingness and passion for sharing his knowledge, particularly sharing it with educators who can and do influence each new generation. To that end, Dr. Wells has written three bestselling books – Superbodies (2012), The Ripple Effect (2017), The Focus Effect & Rest Refocus Recharge (2020) and most recently released his fourth book, Powerhouse (April 2023).

Registration Notes

Registering at this time provides you access to the recording of the August 29th Webinar and resources provided by Dr. Greg Wells. Your window of access ends on November 30th, 2023 regardless of when you register. The Recording link and resource link will be e-mailed automatically upon completing your registration.



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