



## MICHAEL GERVAIS

Dr. Michael Gervais has followed a central question: Is there a common thread connecting those who change how we understand how the world works?

As a high-performance psychologist, he works in the trenches of high-stakes environments, where there is no luxury for mistakes, hesitation, or failure to respond. While Dr. Gervais' roster includes an MVP from every major sport, internationally acclaimed artists and musicians and Fortune 100 CEO's, he is also the Co-Founder of Winforever Consulting, whose mission is to help people become the best they can be.

He recognizes that all of us are required to perform daily. We all navigate our own high-stakes environments and can benefit just as much with the right mindset training.

A published, peer-reviewed author and recognized speaker on optimal human performance, Dr. Gervais has been featured by CNN, *The Wall Street Journal*, ESPN, NBC, NFL Network, Red Bull TV, Extra, *The Huffington Post*, *Outside Magazine*, and others. Dr. Gervais received his undergraduate degree from Loyola Marymount University. He completed his PhD while studying under the father of American applied sport psychology, Dr. Bruce Ogilvie, at San Diego University, Integrative Studies.

Ultimately, Dr. Gervais' goal is to unpack, then decode, how the greatest performers in the world use their minds to pursue the boundaries of human potential. To accelerate that aim, he has curated conversations with those who have dedicated their life toward Finding Mastery.

Applying that passion to explore human performance boundaries to his personal life, Dr. Gervais is an avid surfer who also enjoys skiing Canada's backcountry.

He has come to understand that the answer to his central question lies in the space between hesitation and commitment.