

**GRIND  
LESS FLOW  
MORE**



**ITS ABOUT  
KNOWING THAT  
THERE ARE OTHER  
DEFINITIONS OF  
SUCCESS.  
Charles Morgan**

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grindlessflowmore Are you tired of the toll the startup grind has taken on your mental health? Are you constantly contemplating what brings you joy in your life?

Tune in to our newest speaker, Charles Morgan who unveils the secrets of psychedelics to achieving peak performance and mental well-being in the startup world.

Charles's groundbreaking book @dontpunkout offers a fresh approach to finding balance and resilience amidst the chaos.

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YOU HAVE TO  
BE ABLE TO  
**DISCONNECT**  
HOW YOU FEEL  
FROM HOW YOU  
PERFORM

- GREG ELLIOT



**grindlessflowmore**  
and  
**gregrelliott**  
Vancouver, British Columbia

**grindlessflowmore** Join us as we introduce Greg Elliot (@gregrelliott), Co-Founder of HealthQb, esteemed Osteopathic Practitioner, and multifaceted expert in Exercise Physiology, Kinesiology, speaking, education, and authorship

In this captivating interview, we dive deep into the significance of HRV, a biomarker that can be measured by cutting-edge smart devices. Discover how it affects your body's ability to handle stress and achieve optimal flow

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**grindlessflowmore**  
Vancouver, British Columbia

**grindlessflowmore** Unleash your peak performance with Liz Gleadle (@javelizz), the Canadian javelin thrower redefining high performance. 🏹🏆

Join us as we explore the connection between gratitude and success, and how Liz's expertise can transform your routine. From her record-breaking achievements to her passion for kinesiology and science-backed training, Liz empowers others through online events and her bi-weekly newsletter, The Varsity Glow Up. 🌟💡

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