
CHRIS SUREL



Performance Recovery & Sleep Coach

Chris Surel is a performance recovery and sleep coach on a mission to create a world with less red and more sparkling eyes.

In his former life as a tennis player, strategy consultant, manager and e-commerce founder, he learned the hard way what it feels like to collapse under success. On his rocky road back, he learned all about sustainable energy management and how to share this with others.

Today, he advises CEOs, executives, consultants, entrepreneurs and top athletes around the world, showing them how to sustainably increase energy levels, performance and health. He has more than 230,000 followers on social media.

Chris' science-based Strategic Performance Recovery System is based on strategically oscillating between high intensity (stress) and low intensity (recovery) to achieve sustainable growth.

His pioneering neurorecovery strategies have made him a globally sought-after coach, bestselling author, TEDx and keynote speaker and consultant for technology companies, large corporations, leading consulting and investment firms, sports federations (such as the German Football Association) and fast-growing start-ups.

Topics (Selection):

- Strategic Recovery in Fast Paced Environments
- High Energy Habits for the Hybrid Working World
- Switching off on Demand with Neuro Recovery Strategies
- Change Your Sleep - Change Your Life!