



# Osher Center for Integrative Health

UNIVERSITY OF WISCONSIN

SCHOOL OF MEDICINE AND PUBLIC HEALTH



## Integrative Health Grand Rounds

Wednesday, March 4, 2026

7:45-9:00AM CST

### **Inner Edge: Mental Performance Training**

**Chad McGehee, MA, MEd, MS (2026)**

Director of Meditation Training

University of Wisconsin Athletic Department



#### **Learning Objectives:**

- Learn key evidence-based mental performance frameworks (e.g., mindfulness-based, contemplative neuroscience, and attentional control models) and their relevance to clinical, high-performance, and healthcare settings.
- Evaluate current research findings on mindfulness and meditation for enhancing resilience, cognitive flexibility, and well-being in high-demand environments, including medicine and sport.
- Integrate principles of mental performance psychology with integrative medicine approaches to support sustainable performance, burnout prevention, and human flourishing.

**Chad McGehee** is a performance coach, meditation teacher, scientific collaborator, and trusted expert working at the intersection of elite performance and rigorous meditation training. At the University of Wisconsin Athletic Department, Chad became the first-ever Director of Meditation Training in major college sports. Chad is an honorary research affiliate of the Center for Healthy Minds at UW-Madison and co-founder of Inner Edge Meditation.

Chad's expertise is in meditation training and research in high-performance environments. Through his trainings, talks and consulting he supports individuals, teams and organizations. He uses a teaching approach that incorporates findings from cutting-edge research along with accessible ways to integrate meditation practices into overall training. He is passionate about the benefits of meditation training for individuals and teams interested in greater performance and well-being.

Chad's work has been featured on ESPN, in the Wall Street Journal, NPR, Business Insider and as a co-author in peer-reviewed scientific journals. His training has been integrated into a range of environments including K-12 education, FBI SWAT Teams, the elite Hostage Rescue Team in Quantico, VA, Fortune 500 companies and elite athletics. He is passionate about bringing rigorous and accessible meditation training to life as strength and conditioning for the mind.

**In-person: Science Drive Medical Center - Room 1111A**  
**Microsoft Teams: <https://go.wisc.edu/r02ud2>**

