

# PLANCK2025 - The 27th International Conference From the Planck Scale to the Electroweak Scale



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## Bubble Nucleation and Gravitational Waves from Strongly Coupled QFT's

*Tuesday 27 May 2025 14:40 (20 minutes)*

Gravitational waves emitted from FOPTs of strongly coupled QFTs are, at present, a daunting task to accurately predict due to their strong coupling nature. This talk demonstrates how to predict the gravitational wave spectra of Strongly coupled QFTs using holography and lattice data input for a pure  $SU(N)$  Yang-Mills theory. We will display how holography may be useful in constructing an effective action. Once the effective action is in our grasp, we will use this to study bubble nucleation to estimate the gravitational wave spectra and comment on other phenomenological consequences.

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