



HUMAN PERFORMANCE PROJECT

— Illinois —

CHOOSE OPTIMAL • TAKE THE LEAD • ACHIEVE TOGETHER

IL HPP INTRODUCTORY CALL

TUESDAY, APRIL 25TH
7:00 P.M. - 8:00 P.M.
Virtual Call on Zoom

SCIENCE MODULES

Provide education and resources on sleep, nutrition, mood and mindset, and chemical health.

LEADERSHIP

Engage students and staff in interactive activities to grow their leadership skills.

CULTURE CHANGE

Offer tools and resources to create the opportunity to shift school culture in a positive direction and make an impactful change.

OPTIMAL PERFORMANCE

Overall goal is to enhance well-being and performance in all areas of life (academically, physically, mentally, etc.) for students, athletes, staff, and communities.

During this hour-long introduction call, the Illinois Human Performance Project will review the programs, services, and resources available to schools and other communities across the state.

