

ILLINOIS HUMAN PERFORMANCE PROJECT



SWEET, SWEET SUMMERTIME AT IL HPP!

SUMMER CONFERENCE RECAP 2022

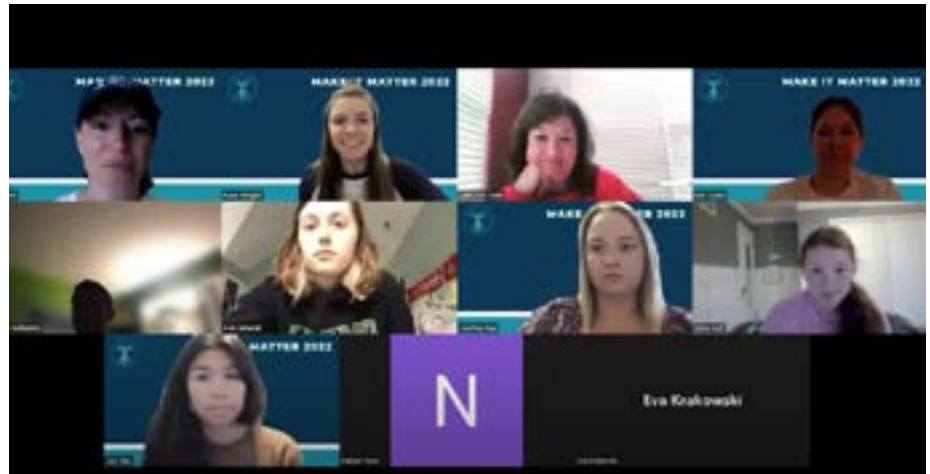
This year's summer conference, Make It Matter, went virtual! The virtual conference took place over the course of three Wednesdays on June 8th, 15th, and 22nd. The focus for this year was to give attendees the opportunity to hear from a variety of speakers and participate in workshops focused on leadership skills, personal growth, and chapter involvement.

Day one's speakers were Libertyville High School's, John Woods and Conant High School's, CathyAnn Smith. John spoke on mental toughness and how to build leadership skills, while CathyAnn shared her personal journey with school and softball, which was a testament to how we can't let fear overtake our lives.

Day two's speakers were Jason from APS and Bailey Gianacacos with Eat Elite Chicago. Jason shared insight on resilience during stressful situations and the importance of mental wellness, and Bailey highlighted the importance of a healthy diet and the best foods for successful athletic and academic success.

Bailey Cullen, founder of Stronger Scars, was the last conference speaker. She talked about injury and how it can affect your mental health, and how her journey with the two helped her grow as a person.

Conference was rounded out with a creative activity, where students and staff took their favorite Make It Matter ideas and made them their own with a vision board. We're already looking forward to our next student-focused event and can hardly wait until Summer Conference 2023!



A screenshot from day one on virtual summer conference!

NEW TEAM MEMBER ALERT!

We have a new prevention specialist on the IL HPP team! Please meet Jenny Galloway from Champaign, IL! Jenny graduated from Illinois State University with a bachelor's degree in Elementary Education.

Working as an educator for eight years has strengthened her drive to make a positive impact on communities, and led her to IL HPP. Jenny is thrilled to continue to build partnerships with communities in Central Illinois that empower individuals to make choices that promote their health, happiness, and overall well-being. We're so excited to have Jenny on the team and look forward to seeing all the connections she'll create!

PERFORMANCE ACADEMY WRAP-UP

Wednesday, May 18th was the final Performance Academy with John Underwood. This partnership included monthly virtual video calls via Zoom for students, staff, and community members to listen and participate in as we discussed IL HPP's core modules related to sleep, nutrition, mood and mindset, chemical health, and leadership.

There were six separate schools and organizations who attended the monthly virtual calls. In addition, there were a total of 119 live views for all seven Performance Academies. Thanks to all who attended! We're so happy we were able to partner with our founder for these insightful calls, and we look forward to more interactions with John in the future!