

# OPTIMAL PERFORMANCE CLINIC

## INFLUENCING POSITIVE BEHAVIOR CHANGE AMONG ADOLESCENTS WITH TYLER PAZIK

Wednesday, November 15th, 2023

Virtually on Zoom

Session 1 | 12-12:30 p.m CST with Q & A

Session 2 | 7-7:30 p.m CST with Q & A

Join the Illinois Human Performance Project as we bring in Mental Performance Coach and founder of Pazik Performance Group, LLC, Tyler Pazik. Tyler will be discussing how adults can influence positive behavior change among adolescents. Join Tyler as he shares tools, habits, and strategies to help guide adolescents to choose safe and healthy behaviors in all aspects of their lives

### FEATURED SPEAKER

## TYLER PAZIK

Tyler has a Master's Degree in Sports Psychology from Texas Christian University and has been continuously recognized regionally and nationally as an industry leader in the field of sports psychology.

He is constantly challenging his mind and body with hiking, rock climbing, and snowboarding.



SESSION 1



SESSION 2



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