

Title: Human Performance Optimization: *What makes us 'Human'*

Speaker: Dr. Ford Dyke, Associate Clinical Professor, School of Kinesiology, Auburn University

Date: 26 April 2023

Time: 1200-1315

Where: C-138 and via Zoom

POC: Dr. Leigh Ann Perry, College of Leadership & Ethics

SYNOPSIS:

Join Professor, Performance Coach, and former Team USA Athlete Dr. Ford Dyke for his Lecture of Opportunity on Wednesday, April 26 to explore *The Human Experience* through the lens of *Human Performance Optimization*. Discover what makes us 'Human,' learn the evidence behind *Mindfulness*, and practice application-based techniques to optimize performance, health, and well-being.

BIOs:

Human Performance Optimization subject-matter expert Dr. Ford Dyke delivers his innovation through Keynotes, Podcasts, Consultations, Workshops, Webinars, and Seminars. Dr. Dyke collaborates globally with high-level performers such as corporate executives, elite athletes, physicians, academicians, first responders, and military personnel. His methodology integrates components of his Professorship, Team USA Athlete career, and experience as a Performance Coach for the United States Olympic and Paralympic Committee and the Auburn University Wheelchair Basketball Team.

Dr. Dyke is an Associate Clinical Professor in the School of Kinesiology at Auburn University. He teaches courses in *Pillars of Performance & Health*, *Motor Learning & Performance*, and *Performance-Based Psychology*. Additionally, Dr. Dyke serves as the Director of *Mindfulness@Auburn*—an evidence-based approach to optimal performance, health, and well-being.

Connect with Dr. Dyke: [LinkedIn \[linkedin.com\]](#) | [Website \[forddyke.com\]](#)