



NO EXCUSES, JUST EXECUTION.

T.J. TYUS

*International Speaker | Performance Coach
Pastor Published Author*

TJ was poised to leave Central Michigan University and enter the NFL. Nothing could stop him except himself. With all his skillset, consistency, dedication, resiliency, passion, purpose, and preparation, he couldn't outrun, tackle, or shut down the life he made off the field. Failure was something TJ was unfamiliar with. He excelled in every area of his life, broke records, set them, and was a genuine force to be reckoned with. Sadly, his NFL dreams weren't strong enough to conquer the succession of bad choices and equally bad actions that closed the door to what would have been a legendary football career.

"Energy can be changed from one form to another, but it can never be destroyed."

- Albert Einstein.

"A mistake is only a mistake if you don't learn from it..."

-Jayne Ann Krentz.

Perhaps the greatest lesson TJ learned was that proper preparation prevents poor performance, and he's dedicated his life to bringing out the best in student-athletes through intense mentoring and coaching.

Founder and CEO of The Tyus Training Institute, TJ's no-nonsense, principle-driven approach has made him the go-to mental performance coach for High School and University athletes.

Speaking to athletes, coaches, students, parents, and teachers alike in Canada, Dubai, Mexico, the NFL and across the United States, TJ's dreams of producing world-class principled, disciplined, and driven athletes are coming to fruition.

His authentic, powerful, and moving passion for excellence, has changed the futures and fortunes of countless athletes.





T.J.'S INITIATIVES



Mental Performance Blueprint Curriculum

Tys Training Institute has partnered with The Literacy Lady to create a research-based SEL (Social Emotional Learning) curriculum called Mental Performance Blueprint. The "Mental Performance Blueprint" curriculum is designed to help student athletes learn how to win in sports and in life. The curriculum will equip student athletes with social emotional tools that build character as a foundation for being successful.



Mental Performance Academy

In 2021 T.J. created the Mental Performance Academy. This academy is a course designed to help student athletes harness their emotions so that they can excel in the field of play, the classroom and in the community. The academy offers coaching, accountability, worksheets and weekly zoom calls. Mental Performance Academy helps student athletes develop an elite mindset that produces the type of character that's an asset to their team and their community.



CLIENTS AND CERTIFICATIONS



CONNECT



BOOKINGS

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Tyus Training Institute, LLC

TESTIMONIALS



SPEAKING TOPICS

1) Exceptional Living

T.J. believes that every person is born to be exceptional, but few people realize their true potential. In this presentation, T.J. offers step-by-step guidance on creating exceptional habits that produce consistently excellent results. During this presentation, he will motivate and empower your audience to invest more in themselves and strive to be their best. The authenticity of T.J.'s Exceptional Living presentation will capture the hearts and minds of your audience. Fueled by his own story of overcoming adversity to become a highly successful entrepreneur and international figure, your audience will leave motivated, empowered, and eager to embark on creating or furthering their already extraordinary lives.

2) Committed to Me

T.J. realizes that most people don't live exceptional lives because they're more committed to pleasing others than maximizing their potential. In this presentation, T.J. teaches the importance of taking care of yourself before considering other people's needs and why selfishness is a critical component of selflessness—drawing from personal experiences and the dangers inherent with pouring into others without first pouring into yourself. People don't lack commitment; instead, they lack a commitment to demanding excellence in themselves. T.J. Excels in helping your audience create high-achieving beliefs in themselves and in establishing boundaries that protect their potential. Everyone in the audience will leave focused on bettering themselves so they can be better for their communities and their families.



SPEAKING TOPICS

3) Activate Productivity

In this presentation, T.J. teaches and challenges his audience to stop settling for activity and produce concrete, tangible results. He believes that most people produce limited results because of the limiting belief that being active is being productive. T.J. will challenge the "check-the-box" mentality and equip your audience with the confidence and tools to participate, execute and produce outstanding results daily.

4) Competitive Stamina

High Schools, Universities, and Organizations book T.J. to speak because of his passion and ability to awaken the greatness in his audience. His Competitive Stamina presentation will ignite greatness and teach everyone how to outlast failure. This presentation is designed to help them navigate the ups and downs of chasing greatness. T.J. believes that failure is only for those that quit and that quitting is never an option. Most people can stay motivated when everything's going well, but this presentation will teach them how to produce at a high level despite the circumstances. If your team(s), students, or staff are experiencing burnout or lack consistent passion, the Competitive Stamina presentation is for you.



GALLERY

