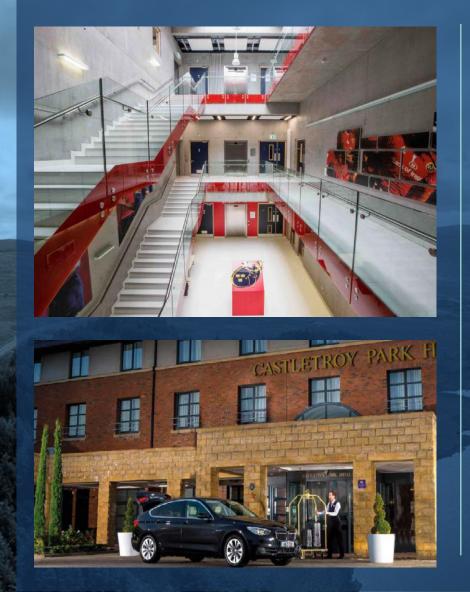






The Senior Leaders Programme



As a participant in The Senior Leaders Programme, you will:

- Fully immerse yourself with a select peer group of 14 experienced and ambitious senior leaders in a rich learning environment.
- Build a comprehensive, holistic, data rich understanding of yourself, professionally and personally.
- Have direct exposure to world renowned practitioners and experts in leadership, drawn from business, academia and sport.
- Build new skills and evolve your approach to leading and living, enabling you to thrive in all aspects of your life.
- Construct your own personalised plan to maximise your potential.
- Avail of 1-to-1 post-programme support and accountability to ensure impact and change.

THE PROGRAMME INCLUDES



3 days residential in Munster Rugby's High-Performance Centre on campus in University of Limerick	3 nights' accommodation in the 4-Star Castletroy Park Hotel Limerick	2 Evening dinners with Senior Leaders from business and sport
Emotional Intelligence Profile and Exploration Session	Psychological Wellbeing Evaluation and 1:1 Review	Health and Movement Screening with Personalised Report
Wearble monitoring device to support your health and wellbeing	Personal Action Log - your template for sustained success	Post-programme Accountability Coaching Sessions





4 KEY PRINCIPLES OF PERFORMANCE

Energy to Perform

- Physical health assessments, including testing and analysing body composition, blood pressure, cholesterol, blood sugar levels and inflammation
- Basic strength, functional movement and aerobic test
- Sessions on role of exercise in energy creation and management

Food for Thought

- How food can influence mood, energy availability and performance
- Importance of optimal meal patterning & 'food as a fuel'
- 'Fuelling' strategies for individual and physical demands
- Assistance with nutrition goal-setting, with practical, evidence-based resources

Performing with Purpose

- Through individual and group sessions, examine how identity, mental health and mindset impacts daily work behaviours in functional and dysfunctional ways
- Individual profiling assessments and understanding of how 'own unique profile' facilitates or impairs capacity to perform at optimum levels
- Focus on identifying specific areas of psychological health to ensure sustainable functionality

Authentic Leadership

- Organisations and leaders face entirely new set of industry, customer, employee, social, technology and political considerations
- To build performance, leaders must internalise current experiences from multiple, diverse sources

 wins and challenges/setbacks
- World renowned Senior Leaders share their compelling experiences live with participants

MEET THE SENIOR LEADERSHIP PROGRAMME TEAM





Liam Sheedy

Former Tipperary Senior Hurling Manager, Chairperson -Sport Ireland High Performance and Former Head of Bank of Ireland in Munster.



Jane Mitchell Former Talent Development Director, Associate - IMI and Business Owner.



Brendan Maher Health & W ellbeing Expert, Former Tipperary Senior Hurler and Business Owner.



Prof. John Fahey Professor in Management & Marketing, University of Limerick.



Dr. Brian Carson Course Director, Exercise Physiology, University of Limerick.



Dr. Mark Lyons Senior Lecturer, Strength & Conditioning, University of Limerick





Dr. Catherine Norton Performance Nutritionist, University of Limerick.

BlueLake



Dr. Patrick Ryan Clinical Psychologist, University of Limerick.







