



BlueLake

High Performance Partners

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

Wearable 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

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

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

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 & Wellbeing Expert, Former Tipperary Senior Hurler and Business Owner.



Dr. Brian Carson

Course Director, Exercise Physiology, University of Limerick.



Dr. Catherine Norton

Performance Nutritionist, University of Limerick.



Dr. Patrick Ryan

Clinical Psychologist, University of Limerick.



Prof. John Fahey

Professor in Management & Marketing, University of Limerick.



Dr. Mark Lyons

Senior Lecturer, Strength & Conditioning, University of Limerick



Thank you

