



UNIVERSITY of LIMERICK  
OLLSCOIL LUIMNIGH

HIGH  
PERFORMANCE  
LEADERSHIP  
PROGRAMME

**hpl:**



# INTRODUCTION

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## MUNSTER RUGBY'S HIGH PERFORMANCE LEADERSHIP PROGRAMME

At Munster Rugby, we know a thing or two about ambition, excellence and success.

Professional Rugby players must be able to perform at their peak at a moment's notice during a game—making key decisions second by second in a high pressure environment to achieve impactful results.

In a first in the Irish market, we have taken these learnings and tailored them for leaders like you.

Working with The University of Limerick we have developed a world-class High Performance Leadership Programme.

Each programme will cater for a maximum of 16 attendees to ensure the focus is on you at all times.

When you join us at the world class Munster Rugby High Performance Centre, we work with you to measure and act upon three key principles in your every-day life: Fitness to Perform, Energy Management, Balance & Alignment personally and your workplace.

We also work with you on transferring these skills into your leadership abilities, bringing them to life for you and your company.

During the 2.5 days, you have an opportunity to learn alongside some of the best educational minds in the country who also work closely with those in business & understand the challenges you face.

You also get to spend time with current Munster players and management

in understanding how they apply the same values in their high performance environment.

This is a unique opportunity for your company's current and future leadership to energise your minds and your bodies and fulfil your ambition alongside like minded leaders from businesses throughout Europe and beyond.

Ensure that you all can personally meet the significant demands of your job, now and well into the future.

As John Brennan, Grocery, Impulse and Alcohol Director with Tesco Ireland noted when completing the course - "It changed my life".

Now you can too.

**FITNESS TO PERFORM**

**ENERGY MANAGEMENT**

**BALANCE & ALIGNMENT  
PERSONALLY AND IN  
YOUR WORKPLACE**



# COURSE OUTLINE

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**EACH DAY BEGINS AT 7.30AM AND COMBINES A MIX OF PRACTICAL, ACTIVE ENGAGEMENT, ALONGSIDE GROUP DISCUSSIONS AND PERSONAL FOCUS.**

**DAY ONE HIGHLIGHTS INCLUDE:**

- Full 360 Life & Leadership Review session
- Physical and blood assessments to help you understand where you are.
- Food for Thought. The role of nutrition in energy management.
- Regulation and Self Management through awareness building
- Exercise is Medicine: An introduction to the importance of exercise, its role in energy creation and learning how to manage your own sessions no matter where you are.
- An evening meal with Munster players and management.

**DAY TWO HIGHLIGHTS INCLUDE:**

- Munster & Leadership; In Conversation with Jerry Flannery
- Interpreting your results: Bringing your physical results together and showing you how they form a benchmark for your future progression.
- Destressing Stress.
- Applying your learnings to the real world: A case study review.
- You're not a Disprin: An evening activity in wonderful Limerick City, no matter the weather!



**DAY THREE HIGHLIGHTS:**

- Exercise – learning to set your own session.
- Goal setting and the habits needed to make them work.
- Creating change as a leader.
- Setting your goals.

\*Lunch departure on day three (Friday).

## HIGH PERFORMANCE LEADERSHIP PROGRAMME COURSE FACILITATORS



**JERRY  
FLANNERY**  
Munster Rugby Forwards  
Coach and Business Owner / Leader.



**DR. PATRICK RYAN**  
Clinical Psychologist, Head of  
Psychology Department  
University of Limerick



**DR. CATHERINE NORTON**  
Performance Nutritionist and  
Registered Dietitian  
University of Limerick



**PROF. JOHN FAHY**  
Professor of Management & Marketing,  
University of Limerick and Irish  
Management Institute



**DR. MARK LYONS**  
Lecturer In Strength and Conditioning  
University of Limerick



**DR. BRIAN CARSON**  
Lecturer - Exercise Physiology  
University of Limerick



**GARY RYAN**  
UL Beo Project Manager, Physical  
Activity, Health, Lifestyle and Sports  
Initiative University of Limerick and  
former Olympic Sprinter.

## **FEEDBACK FROM CUSTOMERS:**

John Brennan, Director Grocery, Impulse and Alcohol, Tesco Ireland.

### **Choosing the course.**

Within the last six months I have become a director in Tesco Ireland. As part of preparing for that I sat down with my HR Director, Geraldine Casey, to look at what the best High Performing Leadership programmes would be for me.

### **Key results from the programme.**

The whole programme has helped me to look after my body better which has enabled me to look after my mind. I find that I have a lot more to deal with what is a really busy and stressful job.

### **Addressing work life balance after the course.**

The initial feedback of everybody on the course was – “I don’t have time”. What we learned on the course is that we have time, it’s how you use it. There is no such thing as not eating, or fueling right, that’s just about preparing right. The course has led me to striking a better work and life balance, managing my diary and having the right time for my family.

### **What attendees can expect.**

I was able to set a benchmark for where I am, mentally and physically. Quickly, early on day two I began to realise that just by doing what was recommended on the course, how much more mentally sharp I was. That was my eureka moment. It transformed me, what it meant to my lifestyle, both in work and at home.

This is for those who aspire to leading high performing teams. There is such a benefit when you understand that your health is your wealth. The benefit this can bring to them and their organisation is phenomenal.



**“IT IS BRILLIANT FOR WHERE RESILIENCE IS KEY, WHERE 12 HOUR PLUS DAYS ARE THE NORM AND ITS HECTIC FROM START TO FINISH”.**

## **DATES CURRENTLY OPEN FOR BOOKINGS:**

### **2018:**

May 2nd - 4th, overnighting from May 1st

September 12th - 14th, overnighting September 11th

November 15th -17th, overnighting November 14th

**Cost:** €4,900 ex vat per person

*This includes all costs from the moment you arrive including your stay at Limerick's Castletroy Hotel, your Munster Rugby kit presented the night before the programme begins, all transport costs once you have arrived in the city or Shannon Airport and access to a personalised Digital Tool Kit for 12 months.*

*All you need to arrive with is an open mind to explore how you can perform at a higher level.*

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[www.munsterrugby.ie](http://www.munsterrugby.ie)