

THE WINNING SELF PROGRAMME

In partnership with



To win, you must unlock what drives and sustains your peak performance.

Teneo is the leading Global CEO Advisory Firm. We have counselled the leaders of many of the largest and most complex organisations in the world. We leverage our global expertise and unchallenged breadth of services to enhance individual, team and organisational performance.

We have partnered with Munster Rugby and University of Limerick, the leading Centre of Excellence for Performance Science in Ireland. Our team of leaders and mentors from business, sport and education will work with you to develop your true potential as a High-Performing leader.



While true success begins with understanding yourself, knowing how to apply this understanding will take you even further. With our Winning Self Programme, you will learn to play to your full potential, reach new heights of efficiency and thrive in all aspects of your life...

As a participant in The Winning Self Programme, you will:

- Have direct exposure to world renowned practitioners and experts in leadership from business, academia and sport
- Fully immerse yourself with a select peer group of 15 High Performing senior leaders in a rich learning environment
- Build a holistic, data rich understanding of yourself, professionally and personally
- 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 one-to-one post-programme support and accountability to ensure impact and change

WINNING STARTS WITH YOU.



Find your winning self, build your winning team, thrive in a winning organisation.

The Winning Self Programme includes:

- 3 days residential in Munster Rugby's High-Performance Centre on campus in University of Limerick
- 3 nights' accommodation in the Castletroy Park Hotel Limerick
- Evening meals with Senior leaders from business and sport
- Powerhouse – Authors' insider accounts of the world's top high performance organisations
- Interactive Engagements with globally renowned CEOs
- 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
- Virtual Reality Mindfulness Experiences daily
- Personal Action Log - your template for sustained success
- Post-programme Accountability Coaching Sessions



Testimonials

Here's what some of our past participants had to say about The Winning Self Programme:

As stated I really enjoy the blend of the different components from the personal well-being to the physical well-being and the physical exercise and tips as well as the Business and Leadership lessons and takeaways. Also a nice mindfulness element to be enjoyed. This blend is what sets this course apart from the others on offer.

- GM Dell Technologies, Central & Eastern Europe

This is the best course that I have been on and I have been on a lot. Content and the wellness/leadership mix is excellent. The content and delivery were excellent with inspirational speakers and run very well. Course content materials too are best in class.

- COO, Modular Automation.

I thought the course was excellent, one of the best leadership courses I have attended. I especially appreciate how it focuses on all aspects of the leader - fitness, health, leadership skills, nutrition, psychology/mental health, etc

- HR Director, DHL.



The Winning Self Programme - Four 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 Winning Self Leadership Team



Liam Sheedy

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



Brian MacNeice

Managing Director, Teneo Performance. Expert in Organisational High Performance, Co-Author, Powerhouse and International Rugby Match Official.



Jane Mitchell

Director, Teneo Performance. Former Talent Development Director, Associate - Irish Management Institute and Business Owner.



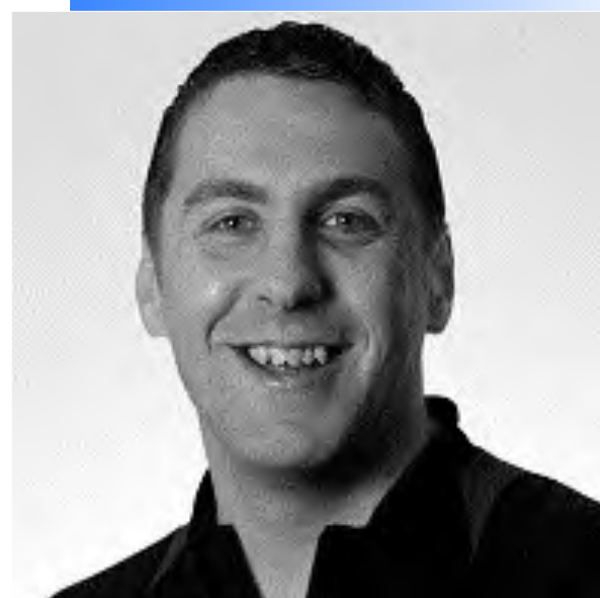
Brendan Maher

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



James Bowen

Managing Director, Teneo Performance. Expert in Organisational High Performance and Co-Author, Powerhouse.



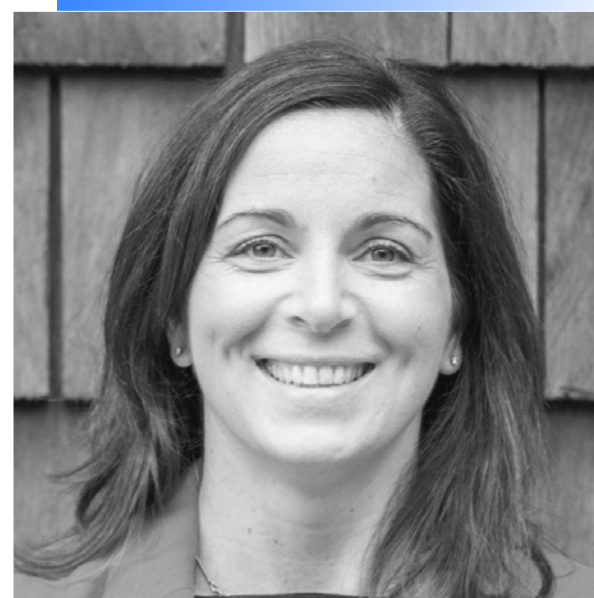
Mark Lyons

Course Director, Sports Science, University of Limerick



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.

Teneo Senior Advisors

Teneo's team of dedicated Senior Advisors offers our clients unique insights and expertise because of their in-depth sector or subject matter knowledge on the global stage.



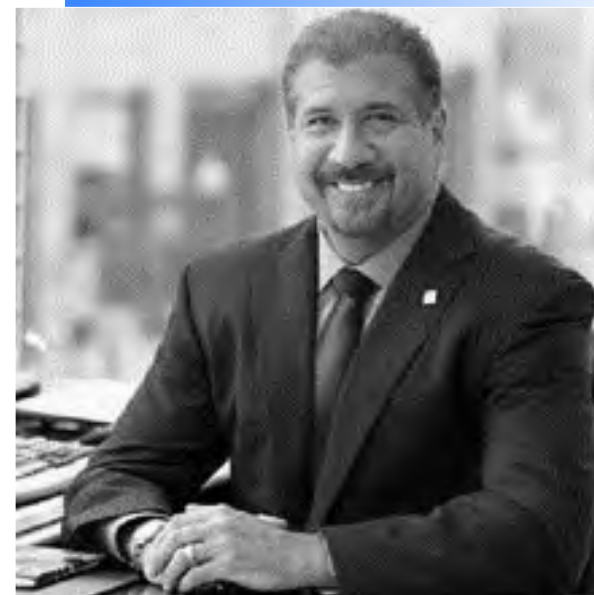
Rachael Erskine

Senior Managing Director, Teneo
People Advisory



Patricia F. Russo

Chairman of Hewlett Packard
Enterprise and former CEO of
Alcatel-Lucent



Mark Weinberger

Former Global Chairman
and CEO of EY



Brian O'Driscoll

Senior Advisor, Teneo
Performance. Former
Professional Rugby Player



Lord Hague of
Richmond

Former British Foreign
Secretary and Leader of
the UK Conservative Party

Click below to learn more about The Winning Self Programme



Teneo®
PERFORMANCE

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To book your place or if you'd like to learn more, contact Liam at liam.sheedy@teneo.com