

THE WINNING SELF PROGRAMME

Session Overview



In partnership with



Pre – Programme Engagement

Begin your journey to building a comprehensive, holistic, data rich understanding of yourself, professionally and personally through an Emotional Intelligence Profiling Assessment and exploration session with one of our accredited coaches.



Day

1

Tuesday

Start Time: 7am

Finish Time: 5:30pm

Evening Meal: 7:30pm

Session 1: **Body & Movement Testing**

Analysis of Body Composition, Strength and Movement Testing and Blood Analysis.

Through the session we aim to leave participants with an awareness and understanding of Body Composition analysis and its relevance to energy management, fitness, and health. Weight as a crude assessment of risks to health and body composition as more informative than absolute mass and Strength and aerobic tests and their relevance to energy management, fitness, and health

Session 2: **Authentic Leadership**

Participants will gain an understanding of Leadership Styles, Self-Awareness and the importance of Leadership Purpose and its alignment to the organisation. We focus on Authentic Leadership, through the lens of self-awareness, empowering individuals to build legitimacy as a leader through honest relationships, valued input, and feedback. We acknowledge the challenge that can arise for individuals in sustaining authenticity in the organisational environment.

Session 3: **Food for Thought**

Participants will understand how food can influence mood, energy availability and performance. We acknowledge the importance of breaking the overnight fast, introduce the idea of food as a fuel, fuelling performance and introduce the concept of fuelling to suit individual needs.

Session 4: **My Mental Health: My Company Wealth**

Participants will examine how identity and mental health impacts on daily work behaviours in functional and dysfunctional ways.

The group format will be used to promote experiential peer learning that identifies key actions that can be taken to create changes to overall work performance.

Session 5: **The High-Performance Model – Brian O’Driscoll**

Brian speaks about his journey from being part of an under-performing team to becoming one of the sport’s most successful.

He provides insights on key topics such as resilience, a component he attributes as critical to his success.

Session 6: **Exercise is Medicine**

Gain an awareness of the prevalence and incidence of chronic disease and the role of exercise/physical activity in the prevention and treatment of these diseases including Cardiovascular, Type 2 Diabetes, Respiratory and Cancer. Develop an understanding of the guidelines for exercise to maximise performance and minimise exposure to diseases associated with inactivity.

Session 7: **Self-Regulation & VR**

Unwind and reflect on Day 1 learnings. Participants engage with a range of activities that can become part of their own self-management toolkit, including experiencing the effectiveness of mindfulness through Virtual Reality.

Evening One **Leadership Dinner**

The meal will be attended by Brian O’Driscoll, where attendees get the opportunity to discuss his leadership style with him in an informal setting and hear about his personal experiences and stories from an illustrious career.

Individual Psychological Profile Reviews

Individually assess transient, distinct mood states through a pre-programme survey. These review sessions happen across the mornings and evenings of Day 1 and 2.

Each review is delivered by a clinical expert, in private, at The Castletroy Park Hotel.

Day 2

Wednesday

Start Time: 9am

Finish Time: 5:00pm

Evening Meal: 7:30pm

Session 8: **Self-Management through Awareness**

This module introduces psychological techniques that raise awareness of how the brain and body are regulating internal physiological arousal, functioning and health.

Session 9: **The High-Performance Mindset**

Explore the importance and effectiveness of a champion mindset. Deepen your understanding of your own mindset and belief systems. Learn about some of the key strategies and techniques used by high performers in the most intense environments.

Session 10: **Exercise for Excellence**

1. Types of exercise
2. Benefits of each exercise type to energy management, time management and fitness to perform
3. Matching the exercise type to goals/needs
4. Experience of a High Intensity Interval Session

This session will outline exercise strategies to optimise performance and maximise efficiency.

Session 11: **Intentional Eating**

1. Tailor nutrient intake to demands (energy requirements and macronutrient needs)
2. Portion control and eating to satisfaction
3. Macronutrient constituents of meal plate
4. Protein in satiety and weight management
5. Meal frequency

Session 12: **Interpreting your test results**

Understand overall test results. We also help participants address any issues arising from these results.

The session focuses on:

1. Interpreting test results
2. Blood chemistry
3. Body composition assessment
4. Nutrition to manage any issues identified
5. Next steps for health management

Session 13: **Senior Advisor Q&A**

This conversation gives an insight into the challenges faced at senior leadership level – giving a real-life framework to the learnings being applied across the Winning Self Programme.

Session 14: **The High-Performance Model: Powerhouse –The Story** **Objective:**

Understand the key principles of high performing organisations, what makes each of these organisations tick, and the lessons we can learn from them.

Powerhouse is a best-selling book by Teneo's Brian MacNeice and James Bowen. It uncovers the performance secrets of some of the world's most impressive organisations.

Evening Two **Munster Rugby Leadership Dinner**

The purpose of this dinner is to highlight leadership lessons learned from key Munster leaders. For example, focusing on the importance of self-awareness and authentic leadership highlight how each leader on the pitch and in the organisation needs to find a style that is in line with their values.

Day

3

Thursday

Start Time: 7:30am

Finish Time: 3:30pm

Session 15:
Designing your own Exercise Session

Practice proactive habit forming and apply learnings.
Design and carry out your own gym session, under supervision.

Session 16:
Creating an Aligned Performance Culture

'Align where and how we work with who we are and what we're looking to achieve'. An organisation must have a clear cultural ambition. An Aligned Performance Culture is led from the top down, built from the bottom up and owned by everyone. It is brought to life through creating the right environment, harnessing the power of visuals, positive anchors, and a designed physical and/or virtual space that encourages collaboration and integration across all functions.

Session 17:
Destressing Stress

Acknowledge and examine your own stress profile and how you can manage and balance perceptions.
Understand the executive stress profile, with a focus on executive loneliness and isolation.
Explore different approaches to stressors by utilising available resources.

Session 18:
Organisational Change: The Role of the Leader

The environment that leaders are operating in has changed significantly over the past two years. We will review the challenges this 'New different' presents and reflect on the role of the leader and leadership style that is required to be truly successful in this context.

Participants will have an opportunity to reflect on the leadership learnings from day 1 and the lessons from our leadership speakers and to consider what changes may be appropriate to implement and mobilise in across their organisations.

Session 19:
Senior Advisor Q&A

This conversation gives an insight into the challenges faced at senior leadership level – giving a real-life framework to the learnings being applied across the Winning Self Programme.

Session 20:
**Finalising your Goals and Creating your PAL
(Personal Action Log)**

Goal Revision, Actions & Sustainability Planning; Understanding and building your own tool kit for the days after the course. Fix anchors to your day and review their progress.

All facilitators are available during this hour to discuss your goals with you. Here, we wrap up with a review of key learnings and takeaways over the 3 days. We then move to planning for actions and implementation as you look to reap the benefits of everything you have experienced throughout the programme.