

# THE WINNING SELF PROGRAMME

Unlock your peak performance.  
Play to your full potential.

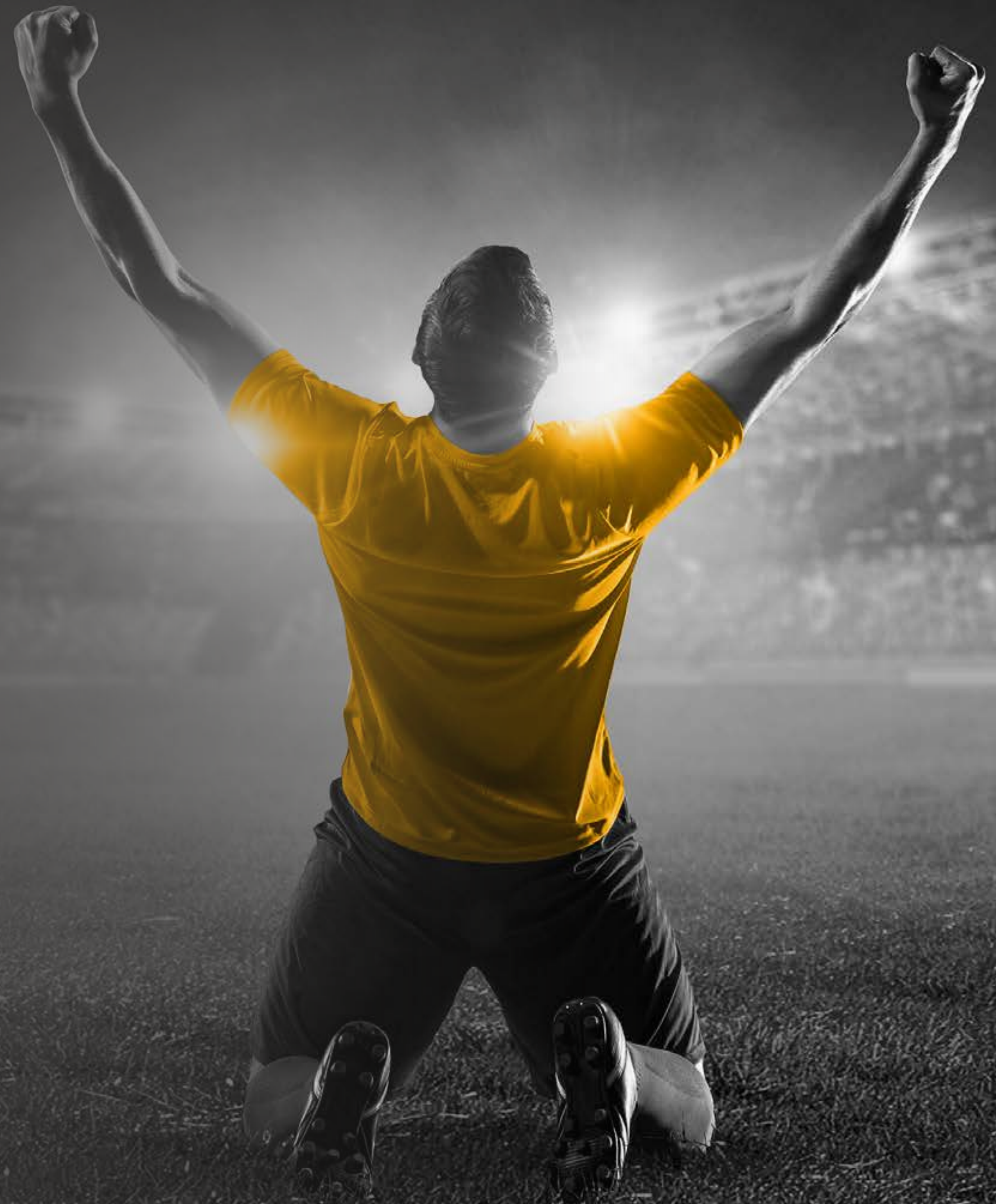
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To win, you must unlock  
what drives and sustains  
your peak performance.

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...**





**While true success begins with understanding yourself, knowing how to apply this understanding will take you even further. Our team of national and global leaders and mentors from business, sport and education will work with you to unleash your true potential as a world-class leader.**

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 experienced 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 4-Star Castletroy Park Hotel Limerick
- Evening dinners with Senior leaders from business and sport
- Powerhouse – Authors' insider accounts of the world's top high performance organisations
- Interactive Engagements - 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





# 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.



Brian O'Driscoll

Senior Advisor, Teneo Performance. Former Professional Rugby Player.



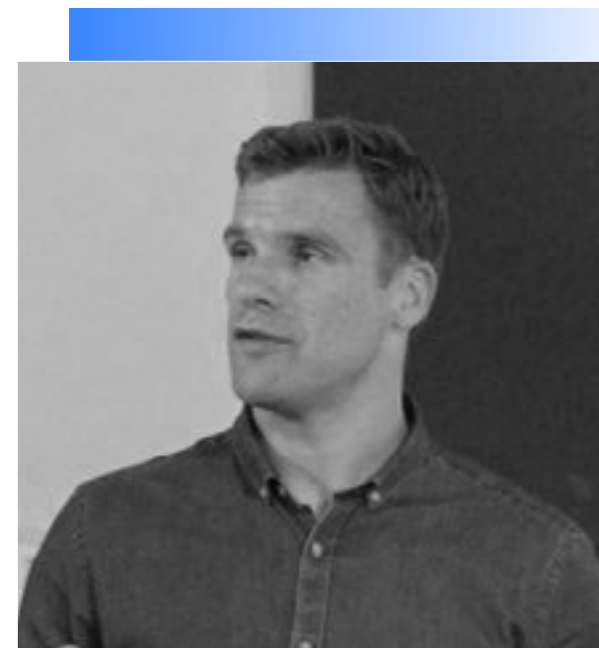
James Bowen

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



Brendan Maher

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



Dr. Brian Carson

Course Director, Exercise Physiology, University of Limerick.



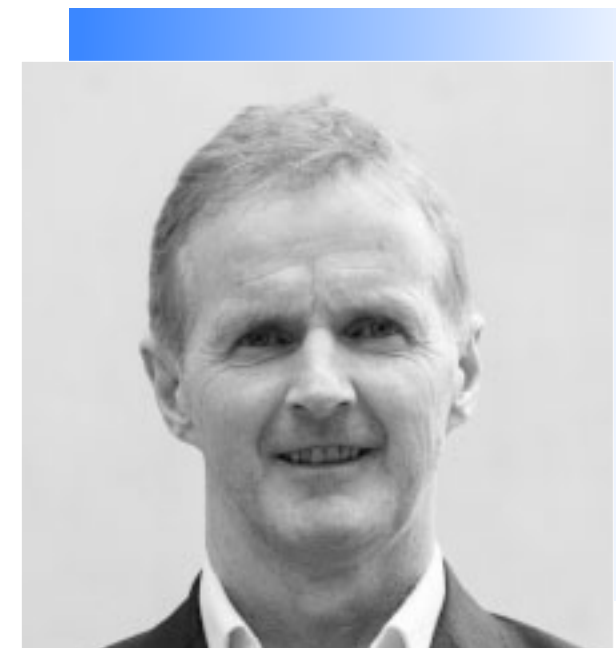
Dr. Catherine Norton

Performance Nutritionist, University of Limerick.



Dr. Patrick Ryan

Clinical Psychologist, University of Limerick.



Prof. John Fahey

Professor in Management & Marketing, University of Limerick.

# 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.



Ginni Rometty

Former Executive Chairman,  
President and CEO of IBM



Patricia F. Russo

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



Ursula Burns

Chairwoman, Teneo. Former  
Chairwoman and CEO of Xerox



Charles Denson

Former President of Nike Brand



Van Jones

CNN host, political commentator,  
Emmy Award-winning producer  
and best-selling author



Click below to learn more about The Winning Self Programme



**Teneo**  
PERFORMANCE

# THE WINNING SELF PROGRAMME

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To book your place or if you'd like to learn more, contact Liam at [liam.sheedy@teneo.com](mailto:liam.sheedy@teneo.com)