

# ACHIEVE

LEADERSHIP PROGRAMME



JO HOPKINS CONSULTING

# passionate about performance

## OVERVIEW

A unique programme for talented leaders looking to develop their performance and leadership skills under pressure.

This online programme facilitated by the very best practitioners from both business and elite sports to help develop sustainable, high-performance leadership skills needed for the 21st century.

Drawing on powerful lessons, research and experience from both worlds, participants explore and develop their own understanding of self, what it takes to develop sustainable high-performance both in themselves and their teams, and how to define and drive strategy, innovation and change.

## WHO IS THIS FOR?

This is an empowering and personal programme designed specifically for individuals looking to enhance their leadership skills, develop their ability to perform under pressure, increase their resilience, increase their organisational impact, and fulfil their leadership potential.

## PROGRAMME STRUCTURE

Our aim is to create a unique safe trusting environment where participants can share their experiences and learn from each other. Group size will therefore be limited to 6 people.

The programme consists of 6 modules (2 hours duration) along with 4 individual online coaching sessions from our lead facilitator.

The multi-modular programme covers all aspects of leading individual performance and team performance. Participants will examine the impact of pressure on behaviours and performance and will explore the importance of gravitas and finding their authentic leadership voice. This unique course will provide the opportunity to learn from Karen Brown, Olympic Gold Medal-winning coach, on the lessons from Team GB Podium Performance and Harriett Beveridge author, female leadership coach and stand up comedian.

We enable individuals and teams to consistently perform to the very best of their ability. Shifting performance from good to great through an increased understanding of self and what it takes to create a high performance environment.

A collective of experienced individuals, every JHC Consultant has performed at the highest level in their sport and use their experience to empower others to succeed in the world of business.

Performing under pressure is about having the edge and our consultants have learnt from experience what it takes to be the very best at what you do. How to ensure you deliver time and time again under the highest pressure.

Our work with global companies has demonstrated the efficacy of sporting principals when applied in a business environment.

## **What we do**

We combine performance sport and leadership expertise to help individuals and teams develop the skills and understanding necessary to deliver results under pressure.

## **Individuals**

Our work with individuals is focused on understanding why we behave the way we do and how to change behaviour. Understanding individual behaviour is the foundation for building strong teams.

We use a combination of the latest performance sport science to develop individual performance - using hard data through our cognitive tool OSW along with our expertise in softer coaching skills to help individuals understand their own operating styles.

Enhance your individual leadership and communication style and hone skills to enable you to respond to complex situations.

## **Team**

Our work with teams is focused on developing collaboration and maximising human potential. Promoting team and individual leadership effectiveness through increased self and collective awareness.

We develop understanding of individual and team operating styles through One Smart World Profiling tool.

Develop greater understanding of factors influencing your team's performance and motivation. Identify your Team's lead performance behaviours.

Provide insight into high performance team dynamics and team performance factors to strengthen team cohesion and inspire culture of delivering excellence under pressure

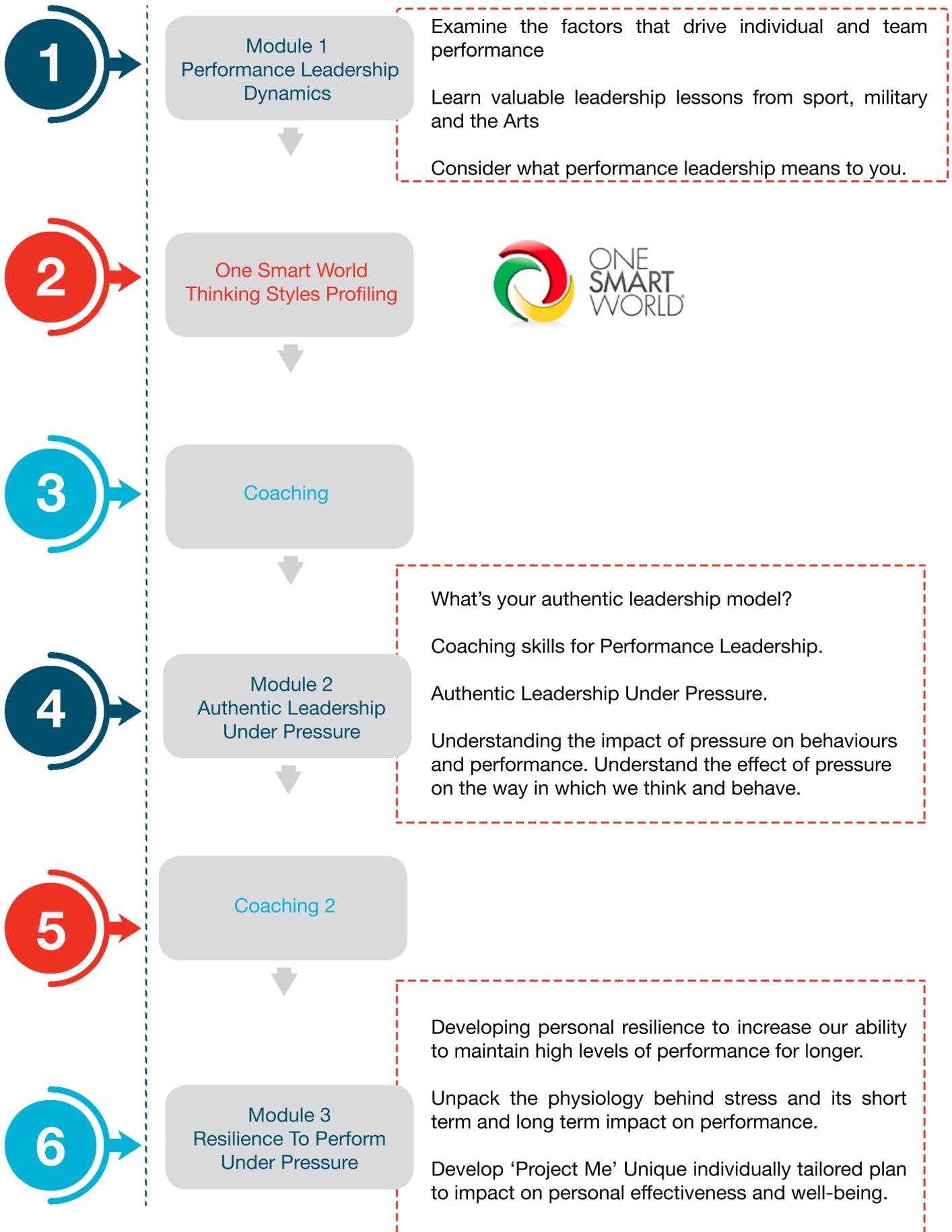
Promote 'team confidence' and 'self confidence' - respect for each other's strengths and understanding of how best to appropriately support and challenge in a pressure environment.

## **Performing under pressure**

You will improve your personal resilience and your ability to perform under pressure, effectively and consistently. You will gain an understanding of the many factors that affect motivation and performance and become better able to help others to flourish in often complex and pressurised environments.

# Module Content

The programme consists of 6 modules (2 hours duration) delivered across 5 months; along with 5 individual online coaching sessions from our lead facilitator.



# Module Content

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Coaching 3

8

Module 4  
Building my Gravitas

Understanding gravitas.

Finding your authentic Leadership voice.

How to deliver a compelling message.

How to stand your ground in the face of challenge.

Creating an Elevator pitch.

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Coaching 4

Factors which enhance team performance.

How to meet the unique demands and needs of each individual to enhance team performance?

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Module 5  
Team Dynamics

Cognitive diversity: Maximising the human capital in your team.

One Smart World 4 Dimensions of Intelligence. Profiling your thinking style. Cognitive Agility - 21st Century thinking skills.

My Team's dynamics - Leading and developing my

11

Coaching 5

Understanding people's varying responses to change.

Putting theory into practice - Coaching skills to lead your team through change.

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Module 6  
Leading Change

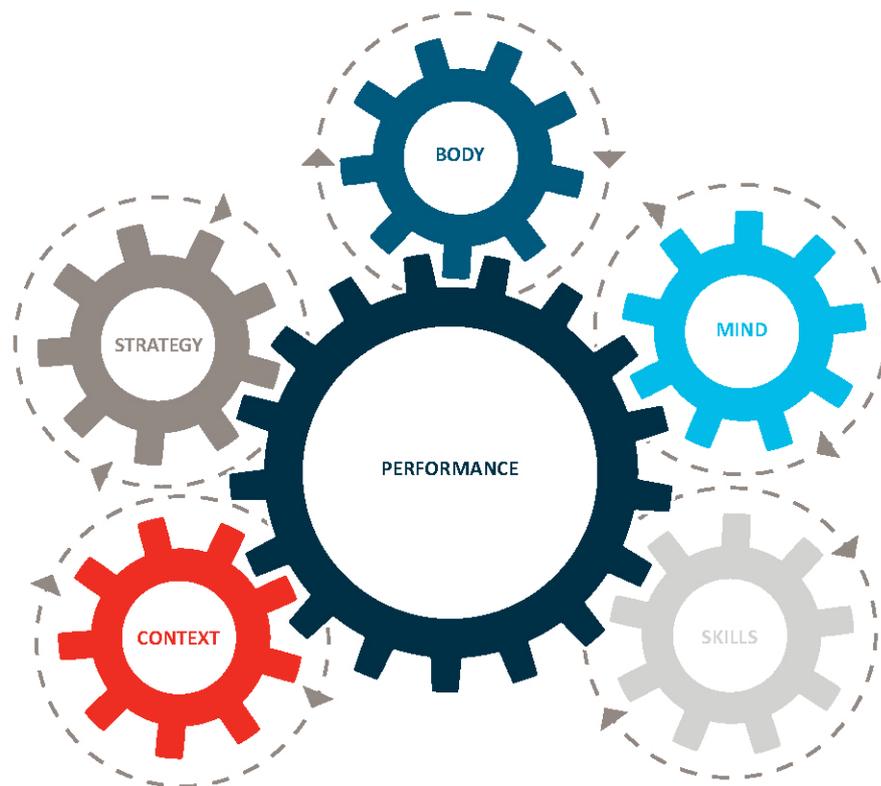
Personal change - What are your goals?

Identify your barriers and how you may overcome these.

What type of network will help you moving forward?

## We are Passionate about Performance

We combine performance sport and leadership expertise to help individuals and teams develop the skills and understanding necessary to deliver results in highly competitive pressured environments



The Performance Cogs® model

We integrate leading edge performance sport processes and knowledge into the business leadership environment to increase understanding of what drives performance with individuals and teams. The Performance Cogs® model allows high performers in any environment to identify the important critical factors which are key to successful performance. Marginal improvements across a range of areas accumulate into significant performance gains.



## The 4D-i<sup>®</sup> is OneSmartWorld's 21st century people development solution for increasing personal and professional effectiveness

By taking a 15 minute online questionnaire, this thinking preference tool can give you a thorough understanding of the specific thinking strategies that you prefer to use and rely on every day. Designed as an assessment for learning, the 4D-i<sup>®</sup> is not an assessment of cognitive competence, proficiency or personality. The purpose of the instrument is to give you insights both into the particular thinking and emotional strategies you like to use and provide ways for you to expand your skills and capabilities to meet the demands of the 21st Century. Innovation, collaboration, problem solving and communication are the skills smart organisations need to develop in order to succeed in the 21st century. Leaders need to find ways to manage their human capital with the same degree of attention they use to manage their financial capital.





JO HOPKINS CONSULTING

leadership programmes  
team development  
resilience & performance  
executive coaching & mentoring

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