



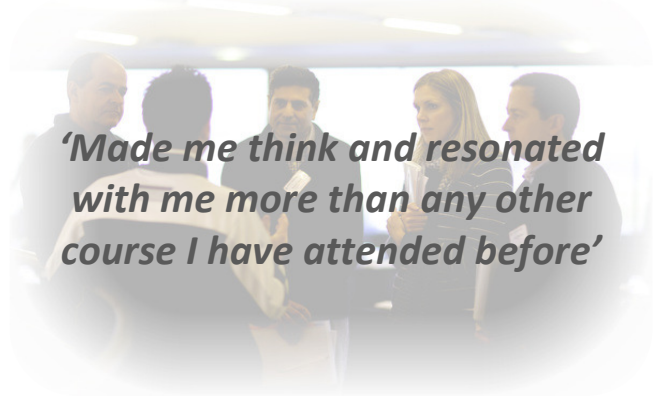
Fit for Leadership™

A unique 1-day programme that builds capability through understanding the impact of body and mind on leadership performance

Have you ever wondered why you can be on top of your game one day, but the next day all that inspirational energy has gone? It's a real challenge to keep others motivated when your own motivation goes missing. This unique programme from Accelerator, held at the Porsche Experience Centre at Silverstone, will help reinforce what you already do well and also provide a new perspective on leadership.

What will you get out of it?

You will gain an understanding of how your natural leadership skills can be improved through greater awareness of physical wellbeing and Emotional Intelligence (EI). You will learn about the impact of diet and nutrition as well as how to manage the four dimensions of energy to become personally more effective and productive as a 'self-leader'.



What does it cover?

Fit for Leadership™ includes wellness checks, self-assessments and a personal EI profile, combined with three focused sessions on core human performance subjects. We build in some 1:1 feedback, so you walk away with a clear action plan. Also integrated into the learning process is the experience of being driven on the Porsche test track, in the capable hands of a race instructor.

'A very refreshing experience from start to finish, with a high calibre of attendee and professional support from the Fit for Leadership team'



Outcomes and results

By taking part in *Fit for Leadership™*, you will gain:

- A measure of your physical wellbeing and understanding of how this impacts leadership performance
- Expert strategies on how to better manage your energy
- An understanding of key principles of Emotional Intelligence (EI) and how it influences personal effectiveness
- An assessment report giving insight into your own EI, together with a personal debrief session
- Confidence in using stress and adrenaline positively to deal with business pressure
- A personal leadership action plan that will help you and your business



Fit for Leadership™

What's different about it?

Your programme leaders are expert trainers from business, human performance and motorsport. Their input, your involvement and the unrivalled location alongside the Silverstone Grand Prix Circuit combine to make this day truly unique...and very powerful.



Richard Harvey is Accelerator's *Fit for Leadership* programme leader and is one of the country's leading experts on Applied Emotional Intelligence. He designs and runs a number of long-term leadership programmes for Accelerator clients as well as providing individual coaching to business leaders.



Andy Blow leads the Porsche Human Performance team at Silverstone. He works extensively in motorsport, originally as sports scientist for Benetton and Renault F1 teams and has co-authored the book 'The Motorsport Fitness Manual'. As an athlete, Andy also represented the GB elite team in triathlon and duathlon at World Championship level.

'This was management & leadership training with a difference'

How to book

The *Fit for Leadership* 1-day programme costs £595 plus VAT per participant. This includes pre-programme assessment and everything being covered on the day.

2010 dates

- Thursday 29 April
- Friday 4 June
- Thursday 22 July

To book, please call us on **+44 (0)1903 821950** or email Claire Mcpherson at clairem@acceleratorsolutions.com

Location

Porsche Driving Experience Centre Silverstone

Silverstone is located on the A43 between Towcester and Brackley in Northamptonshire.

Porsche Driving Experience Centre
Hangar Straight
Silverstone Circuit
Towcester
NN12 8GR

1° 0' 44"W
52° 3' 59"N



'A great concept and an energising day'

About Accelerator

Our team are experts in helping companies make positive changes to their culture, their people and their profits.

We provide insight into what your people and your customers think about your business. We find out what would make a positive difference. We train your employees and develop your future leaders, with powerful and enduring results.

In summary, our results-driven training, development and research solutions help you bring pace to change...through people!

Accelerator

Bringing Pace To Change

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