



UNIVERSITY of LIMERICK
OLLSCOIL LUMNIGH

HIGH
PERFORMANCE
LEADERSHIP
PROGRAMME

hpl:



INTRODUCTION

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MUNSTER RUGBY'S HIGH PERFORMANCE LEADERSHIP PROGRAMME

At Munster Rugby, we know a thing or two about ambition, excellence and success.

Professional Rugby players must be able to perform at their peak at a moment's notice during a game—making key decisions second by second in a high pressure environment to achieve impactful results.

In a first in the Irish market, we have taken these learnings and tailored them for leaders like you.

Working with The University of Limerick we have developed a world-class High Performance Leadership Programme.

Each programme will cater for a maximum of 16 attendees to ensure the focus is on you at all times.

When you join us at the world class Munster Rugby High Performance Centre, we work with you to measure and act upon four key principles in your every-day life: Fitness to Perform, Energy Management, Balance & Alignment personally and your workplace and Authentic Leadership.

We also work with you on transferring this knowledge into your leadership abilities, bringing them to life for you and your company.

During the 2.5 days, you have an opportunity to learn alongside some of the best educational minds in the country who also work closely with those in business & understand the challenges you face.

You also get to spend time with current Munster players and management

in understanding how they apply the same values in their high performance environment.

This is a unique opportunity for your company's current and future leadership to energise your minds and your bodies and fulfil your ambition alongside like minded leaders from businesses throughout Europe and beyond.

Ensure that you all can personally meet the significant demands of your job, now and well into the future.

As John Brennan, Grocery, Impulse and Alcohol Director with Tesco Ireland noted when completing the course - "It changed my life".

Now you can too.

FITNESS TO PERFORM

ENERGY MANAGEMENT

**BALANCE & ALIGNMENT
PERSONALLY AND IN
YOUR WORKPLACE**

AUTHENTIC LEADERSHIP



COURSE OUTLINE

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EACH DAY BEGINS AT 7.30AM AND COMBINES A MIX OF PRACTICAL, ACTIVE ENGAGEMENT, ALONGSIDE GROUP DISCUSSIONS AND PERSONAL FOCUS.

DAY ONE HIGHLIGHTS INCLUDE:

- Full 360 Life & Leadership Review session
- Physical and blood assessments to help you understand where you are.
- Food for Thought. The role of nutrition in energy management.
- Regulation and Self Management through awareness building
- Exercise is Medicine: An introduction to the importance of exercise, its role in energy creation and learning how to manage your own sessions no matter where you are.
- An evening meal with Munster players and management.

DAY TWO HIGHLIGHTS INCLUDE:

- Munster & Leadership; In Conversation with Jerry Flannery
- Interpreting your results: Bringing your physical results together and showing you how they form a benchmark for your future progression.
- Destressing Stress.
- Applying your learnings to the real world: A case study review.
- You're not a Disprin: An evening activity in wonderful Limerick City, no matter the weather!



DAY THREE HIGHLIGHTS:

- Exercise – learning to set your own session.
- Goal setting and the habits needed to make them work.
- Creating change as a leader.
- Setting your goals.

*Lunch departure on day three (Friday).

HIGH PERFORMANCE LEADERSHIP PROGRAMME COURSE FACILITATORS



JERRY FLANNERY
Munster Rugby Forwards
Coach and Business
Owner / Leader.



DR. CATHERINE NORTON
Performance Nutritionist
and Registered Dietitian
University of Limerick



NUALA RYAN
UL & UCC Lecturer
in Organisational
Behaviour &
Leadership.



DR. PATRICK RYAN
Clinical Psychologist,
Head of Psychology
Department University
of Limerick



DR. MARK LYONS
Course Director In Strength
and Conditioning University
of Limerick



DR. BRIAN CARSON
Course Director in
Exercise Physiology
University of Limerick



GARY RYAN
UL Beo Project
Manager, Physical Activity,
Health, Lifestyle and
Sports Initiative University
of Limerick and former
Olympic Sprinter.



PROF. JOHN FAHY
Professor of Management &
Marketing, University of
Limerick and Irish
Management Institute

FEEDBACK FROM CUSTOMERS:

John Brennan, Director Grocery, Impulse and Alcohol, Tesco Ireland.

Choosing the course.

Within the last six months I have become a director in Tesco Ireland. As part of preparing for that I sat down with my HR Director, Geraldine Casey, to look at what the best High Performing Leadership programmes would be for me.

Key results from the programme.

The whole programme has helped me to look after my body better which has enabled me to look after my mind. I find that I have a lot more to deal with what is a really busy and stressful job.

Addressing work life balance after the course.

The initial feedback of everybody on the course was – “I don’t have time”. What we learned on the course is that we have time, it’s how you use it. There is no such thing as not eating, or fueling right, that’s just about preparing right. The course has led me to striking a better work and life balance, managing my diary and having the right time for my family.

What attendees can expect.

I was able to set a benchmark for where I am, mentally and physically. Quickly, early on day two I began to realise that just by doing what was recommended on the course, how much more mentally sharp I was. That was my eureka moment. It transformed me, what it meant to my lifestyle, both in work and at home.

This is for those who aspire to leading high performing teams. There is such a benefit when you understand that your health is your wealth. The benefit this can bring to them and their organisation is phenomenal.



“IT IS BRILLIANT FOR WHERE RESILIENCE IS KEY, WHERE 12 HOUR PLUS DAYS ARE THE NORM AND IT'S HECTIC FROM START TO FINISH”.

DATES CURRENTLY OPEN FOR BOOKINGS:

2019:

May 1st - 3rd (Overnighting from April 30th)

September 25th – 27th

Cost: €4,900 ex vat per person

This includes all costs from the moment you arrive including your stay at Limerick's Castletroy Hotel, your Munster Rugby kit presented the night before the programme begins, all transport costs once you have arrived in the city or Shannon Airport and access to a personalised Digital Tool Kit for 12 months.

All you need to arrive with is an open mind to explore how you can perform at a higher level.

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THE LEADERS DAY

Following the success of the 2.5 day High Performance Programme, Munster Rugby and University of Limerick have now launched a 'Leaders day at the Munster Rugby High Performance Programme'.

Munster Rugby thrives on the need for teamwork at the highest level at all times, inspiring those around us – knowing that we rise by lifting each other. If everybody buys into the levels being set, anything can be achieved.

Designed for the leadership team in a single company, the one day programme outlines the importance of our three pillars, Fitness to Perform, Energy Management and Personal Balance & Alignment in your overall team performance, raising questions which you as a leadership team then need to action collectively.

We give a sampler of the benefits of Authentic Leadership through a round table conversation with a guest CEO, exploring how they identified their style of leadership and nurtured it as they progressed their career, as well as chatting about physical, emotional and mental wellness in their life. We also show how this works in our unique team environment, chatting with players past and present.

Finally, we take you through a workout session as a team in our team's gym – showing that healthy exercise can be carried out at any time, any where, without the need for equipment.

The day starts at 8.30am and continues through to a social outing that night in Limerick City.

Prices are tailored to the requirements of the team, based on 14 attendees with all meals and snacks provided, one overnight stay in Limerick, and adidas training kit provided.

€1130 ex VAT.

Now taking bookings for 2019.





www.munsterrugby.ie