

Leadership Development

Specialist Workshops
with

Dr Ken Jennings

Presented by
NBC SPORTS MANAGEMENT LTD

About the Workshops

- Top International Psychologist Dr Ken Jennings (who has a D.Litt. et Phil. degree in Performance Psychology) shares his philosophy on sport, business and life, as an enabling tool for people seeking the edge in leadership
- An opportunity to examine the leadership parallels between elite sporting performance and successful business
- In order to facilitate meaningful learning in the workshops, Dr Ken Jennings will utilise his process-orientated model of *Reflective Interactive Exploration*. Given this, the Leadership Workshops will be :
 - Reflective
 - Participative
 - Explorative

Our 3 Workshops

- 1: The New Paradigm Leader
- 2: Creative Problem-Solving
- 3: Enhancing Performance

1 : The New Paradigm Leader

- Examine the philosophy that underpins thinking
- The power of reflective conversation
- Develop respectful relationships
- Manage participative contexts
- Understand energy and informational flow
- Explore the 'expert' role

2 : Creative Problem-Solving

- Integrate opposites in order to create a quantum leap
- Examine the tacit assumptions that are made when encountering a problem
- Create possibilities and unlock new meaning
- Space and silence the source of solutions
- Careful listening to facilitate deeper insights

3 : Enhancing Performance

- **Focus and flow** : Navigating through the complexity
- **Success and failure** : Dealing with ups and downs
- **Process and outcome** : Striving for quality
- **Individual and team** : Developing a culture of commitment
- **Hearts and minds** : Integrating mental and emotional energy

When

- The 1-Day Leadership Workshops will take place between 0930 and 1630
- The Leadership Workshops will run from July 2008
- Each Workshop is for a maximum number of 15 people per group

Where

- Our Process takes place in a relaxed learning environment in the ‘world-class’ surroundings of Pennyhill Park Hotel & Spa, Bagshot, Surrey, UK
- The unrivalled facilities at Pennyhill Park enjoy a synergy with top sport as the 5 star location was a ‘home from home’ for England’s World Cup winning Rugby Team under Sir Clive Woodward

Cost

- The cost is £250 plus vat per person per 1-Day Workshop
- A 20% discount is available per place for booking all 3 Workshops per month
- Please make cheques payable to NBC Sports Management Ltd and send to Neil Burns, Managing Director, NBC Sports Management, PO Box 2971, Chelmsford, Essex, CM2 8FE, UK
- Email : info@nbcsportsmanagement.com

Testimonials

- “ I have lofty aspirations and continually strive to better myself by taking responsibility for my life at home, in business and in Sport. I believe in myself but I recognise that sometimes I need help, and the best solutions often come from sharing ideas, dreams and concerns with the right people.

Workshops run by Dr Ken Jennings create an environment where I get to bounce ideas around with fantastic people who genuinely want to help each other.

I really enjoy my time working with Ken and everyone involved in the leadership mentoring and I always come away with a clearer idea of who I am, what I believe, and what I need to do to be successful. ”

Tim Stimpson

Former Leicester Tigers, England, & British Lions Rugby Player

Testimonials

- “ I have thoroughly enjoyed the benefits of my experiences with Dr Ken Jennings and ‘The Professional Mentors’ he has helped to develop. Ken comes with an impressive background and a reputation for facilitating successful performance in top sport.

He has a calmness about him which enables others from a range of backgrounds to come together and feel comfortable. His leadership work through conversation at Workshops, enables him to share his knowledge in a unique way.

Anyone seeking the edge in performance, (whether it be as an individual or in the leading of teams), would benefit from the specialist programmes Ken leads. ”

Glenn Hoddle

Former England Football Manager ; legendary Spurs, Chelsea, Monaco & England footballer

Testimonials

- “ Ken Jennings has a style of managing people and groups that elicits powerful self-discovery. My experience of participating at one of his workshops was fascinating. Learning in such a relaxed and calm environment is different and the sharing of knowledge and discussion amongst our group was wonderful.

It is rare for me to be part of a learning group with people from different backgrounds, professions and ages but the mix, meant everyone had a meaningful experience.

I recommend everyone who wants to understand more about personal development and how to expand their knowledge and take their performance to a new level by attending his workshops . ”

Andy Flower

Asst Coach England Cricket Team ; former World Number 1 batsman (International Cricketer of Year 2001)

Testimonials

- “ I attended a 1-Day Workshop with other Professional Mentors and coaches to put myself back into the role of being a student. The rich environment for learning was created by Dr Ken Jennings and he directed our discussions very skillfully.

I learnt so much from the other coaches and professionals that I could apply to my own thinking, and to my teaching in golf.

As is often the case, the answers are inside us – the hard part is accessing them and knowing what questions to ask ourselves. Ken Jennings has an ability to blow away the cobwebs and helped create more clarity for me in determining the way forward.

The day was of huge benefit to me both personally and professionally.”

Simon Holmes

Broadcaster and Golf Teacher ; Coach to Nick Faldo at more than 100 Tour Events in period 1990-1993 including 3 wins in Golf Majors (British Open and 2 x US Masters) ; Coach to Bernhard Langer in period which included US Masters victory in 1993

Testimonials

- “ Dr Ken Jennings is a inspirational and awesome man.

He has a wisdom which is communicated in such a gentle manner, making the experience of spending time in his company feel special.

For people in the field of performance who want to develop further, I recommend they spend time with Ken to help them understand more about themselves and how to remove obstacles which can block oneself from making progress.

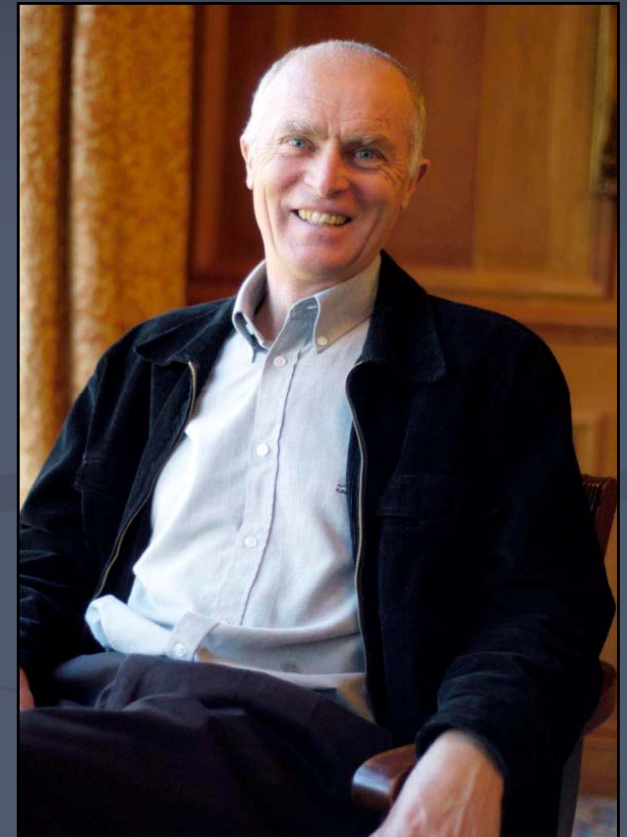
Most importantly, Ken focuses on an individual’s personal happiness as the key to success in life, believing that top performance naturally follows. From my experience, self-belief then grows. ”

Kirsty Gallacher

Television Presenter

Dr Ken Jennings

- Dr Ken Jennings, is a registered psychologist working in private practice in South Africa.
- He has a doctoral degree in performance and sports psychology and has consulted with international athletes, elite performers and successful teams in a variety of sports over the past 18 years.
- His outstanding successes have included :
Preparing the South African Team for the 2000 Olympics in Atlanta
the South African Bowls team that won 5 out of a possible 6 Commonwealth Games medals
During the crisis in South African cricket in April 2000, he helped the national cricket team beat Australia 2-1 in a one-day tournament, and draw the Test Match series against Steve Waugh's record-breaking team.
He helped Natal win the rugby Currie Cup for the first time in their 100 Year history in 1990, with further victories in 1992 and 1995.
- He is Director of Mentoring at London County Cricket Club
- He has consulted to the educational services of the London Borough of Newham on mentoring in schools.
- He has also presented workshops in the U.S.A., England, Germany and Sweden.
- In contrast to his experiences in the competitive elite sports world, he has consulted on a number of award-winning television commercials.
- He has had experience in the industrial psychology field, where he has been involved with management training, assessment centres and industrial relations.
- He is the author of two 'sell-out' books :
'Mind in sport : Directing energy flow into success', and 'Let's Talk Sport and Life'.



Contact us

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