معاً نصنع الأثر
#Together_we_make_impact

الأكاديمية المالية
THE FINANCIAL ACADEMY

Leadership Performance Under Pressure

القيادة في الظروف الاستثنائية



Training Partner

HULT ASHRIDGE
EXECUTIVE EDUCATION



17 JAN 2024 | 03 DAYS | In Person

EA ENGLISH | RIYADH | 14,099

OVERVIEW

This program is delivered in collaboration with Hult Ashridge Executive Education and focuses on applying elite sports performance concepts to executive leadership contexts.
It introduces evidence-based methods used in professional sport to enhance resilience, manage pressure, and improve sustained performance in demanding work environments. The program connects performance science with leadership practice in a practical and structured way.
Participants will experience performance diagnostics, heart rate variability (HRV) monitoring, and one-to-one coaching to support personal effectiveness and performance awareness.
The program is designed for executives seeking to improve individual leadership performance and operate effectively under pressure.

ABOUT THE PROGRAM

What it takes to perform when it matters

A three-day experiential leadership program drawing on lessons from elite sport and translating them into the workplace.

PREPARE

Understand the role of preparation, identity and values in performance.

PERFORM

Explore decisions, behaviour and emotional responses when pressure increases.

RECOVER

Examine how wellbeing & recovery contribute to sustainable effectiveness.



TARGET AUDIENCE

Designed for leaders across industries and at every level of leadership responsibility — not only those working in sport.

ORGANISATIONAL LEADERS
Leading organisations, functions and strategic priorities.

INFLUENTIAL PROFESSIONALS
Influencing decisions and others without relying on a formal leadership title.

PEOPLE MANAGERS
Managing teams, supervising colleagues and guiding others.

EMERGING LEADERS
Preparing to take on greater leadership responsibilities.

No previous sporting knowledge or experience is required.

COMPETENCIES & LEARNING FOCUS

Leadership capabilities explored

Formal target competency: Transformation Leadership

The learning objectives and agenda also explore these practical capabilities:

Leadership self-awareness
Identity, values, strengths and behaviours

Pressure management
Physiological and emotional responses

Change leadership
Delivering change under pressure

Team effectiveness
Collaboration, influence and feedback

Decision-making
Thinking and acting in demanding situations

Sustainable performance
Preparation, recovery and wellbeing



LEARNING OUTCOMES

- Develop greater awareness of leadership identity, values, strengths and behaviours.
- Explore how pressure affects thinking, emotions, physiology and decisions.
- Identify lessons from elite sport transferable into everyday business leadership.
- Experience neuroscience-informed approaches to understanding personal responses.
- Understand the contribution of preparation, performance and recovery to lasting effectiveness.

LEARNING FRAMEWORK

Four questions that guide the learning

01 WHO DO YOU THINK YOU ARE ?

Exploring leadership identity, personal values, beliefs and the qualities we bring to our work.

02 WHO ARE YOU REALLY?

Developing a deeper understanding of how we think, feel and behave, particularly when the pressure increases.

03 WHERE DO YOU WANT TO GO?

Considering our leadership aspirations, the contribution we want to make and the kind of leader we want to become.

04 WHAT'S YOUR PLAN?

Translating greater self-awareness and personal ambition into practical actions that can be applied in everyday working life.

A consistent thread connecting leadership, personal performance, wellbeing and future action.



Programme Approach and Delivery

Performance psychology + neuroscience + hands-on learning + personal reflection

The programme is highly experiential, combining practical activities, facilitated discussion, personal reflection and feedback.

Participants will have opportunities to explore their own leadership behaviours, experience the effects of pressure and consider how approaches developed in elite sport might be adapted to their own circumstances.

The learning environment will be supportive, engaging and appropriately challenging, encouraging participants to question assumptions, share experiences and develop approaches that work for them.

Throughout the three days, the emphasis will be upon translating learning into action, ensuring participants leave with practical insights and a clear sense of how they can apply them in their everyday working live

PRACTICAL ACTIVITIES

Explore leadership behaviour and experience pressure in a safe learning setting.

FACILITATED DISCUSSION

Question assumptions and learn from participants with different perspectives.

PERSONAL REFLECTION

Understand personal drivers, reactions and individual leadership choices.

FEEDBACK

Turn learning into actionable insights and improvements at work.

DAY ONE

Session 01 | 09:00 – 09:20
Introductions Exercise

Session 02 | 09:53 - 09:20
The Four Questions of High Performance

Session 03 | 9:35 – 10:20
Fitting of HRV Monitors

Break | 10:20 - 10:35

Session 04 | 12:05 - 10:35
Q1: Who Do You Think You Are** | Leadership Brand Colorful Brain Model | Pressure Management

Break | 12:05 – 1:05

Session 05 | 1:05 – 2:05
Leadership Dilemmas Exercise

Session 06 | 2:05 – 2:35
Hot Feedback Exercise

Session 07 | 2:50 – 3:50
Q2: Where Are You Really You Value | • The Leadership Equalizer

Session 08 | 3:50 – 5:00
Open Discussion / Application / Wrap-up

DAY TWO

Session 01 | 09:00 – 09:20
Morning Reflections

Session 02 | 9:20 – 10:50
Q3: Where Are You Going | • Future Planning | • Leadership Visioning

Break | 10:50 – 11:05

Session 03 | 11:05 – 12:35
Team Exercise

Lunch Break | 12:35 – 1:35

Session 04 | 1:35 – 2:50
Change Management Under Pressure

Break | 2:50 – 3:05

Session 05 | 3:05 – 3:50
Stakeholder Mapping

Session 06 | 3:50 – 5:00
60-Second Selfie Review

Session 07 | 4:00 – 5:00
Open Session / Practical Application

DAY THREE

Session 01 | 09:00 – 09:20
Morning Reflections

Session 02 | 9:20 – 10:20
Q4: What's Your Plan? | Mission Command Model

Session 03 | 10:20 – 10:50
Delivering Change Under Pressure

Break | 10:50 – 11:05

Session 04 | 11:05 – 12:35
Strategic Nudging & VMOST Creation

Lunch Break | 12:35 – 1:35

Session 05 | 1:35 – 2:50
Improving Your Leadership

Session 06 | 2:05 – 2:35
Break & Remove HRV

Session 07 | 3:05 – 4:35
Wellbeing (Metabolic Health) + HRV Debrief

Session 08 | 4:35 – 5:00
Action & Application Plan + Final 60-Second Summary

Classroom Sessions | Discussion Groups \ Activity | Time | Break/Meal

HRV TECHNOLOGY Making the science of pressure tangible

Heart Rate Variance Monitor

Enabling leaders to understand their physiological, cognitive and emotional stress responses impact them.

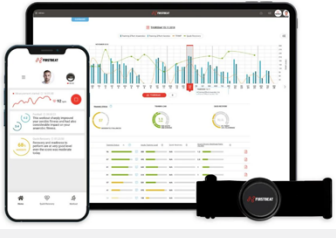
Today's estimate is that 69% of organization leaders are on route to the devastating performance affects of burnout.

Stress has therefore become something to avoid, however, to attain and sustain high- performance, certain amount and type of Stress is necessary and important.

All leaders are unique, with individual propensity to stress, stress triggers and stress responses. Individual insights via HRV monitors are therefore valuable to understand our stress and recovery profiles.

Benefits of the HRV:

Understanding their personal response to pressure and stress	Measuring the quality of their sleep	Assessing the effectiveness of their exercise and work-out programs
Measuring the quality of their recovery during the day	Assessing their wellbeing and positive energy levels	Assessing their physical and mental capacity to perform under pressure



High-Performance Business and Sport

Through our **Sport and High-Performance Business** practice and **Neuroscientific High-Performance Diagnostics**, we have nearly two decades of research to support leaders to reach their performance and well-being potential with science-backed confidence.

Tour de France

TOKYO 2020

Since 1998 we have provided education services to six Olympic games

RUGBY WORLD CUP FRANCE 2023

Extensive research into the high- performance team parallels between the winning Ocean Race team and Business Teams

THE OCEAN RACE

We trained 1,000s of young people for the Rugby World Cup 2023 in France

TEDx

Education First PRO CYCLING

easypost

Owners of the Pro Cycling Team of 30 international riders competing in all major races



PROGRAM FACULTY



Prof. John Neal

Professor of Practice in Coaching and Performance, Hult Ashridge Executive Education Performance Psychologist

The programme is designed and delivered by Professor John Neal, Professor of Practice in Coaching and Performance at Hult Ashridge Executive Education and Performance Psychologist.

Drawing upon more than 35 years of experience across elite sport, business and executive education, John brings together practical experience, performance psychology and experiential learning to help participants understand and develop their own leadership performance.

His approach is based upon a simple principle: the lessons learned from helping people perform in some of the world's most demanding sporting environments have considerable value for those facing the everyday challenges of leadership.

The opportunity is to understand what works, consider why it works and explore how those lessons can help us lead ourselves and others more effectively when it matters.

About the Financial Academy

Excellent Work Groups



Training at the Financial Academy gives you the opportunity to join and interact with carefully selected groups of peers who work at different organizations and job levels. This pool of diverse perspectives will enrich your learning experience and expand your professional network within the financial sector.

An Optimal, Have-It-All Learning Environment



The Academy's facilities provide a unique learning environment with high-quality training rooms equipped with cutting-edge technology, spacious shared lounges, dining facilities, and a variety of other amenities. Prayer rooms for both men and women are also available.

Easy-to-Reach Offices



The Financial Academy is easily accessible, being directly connected to King Abdullah Financial District (KAFD) Metro Station via a pedestrian bridge. It is alternatively easy to reach using ride-hailing apps or private cars: Once you get to KAFD, head to Building No. 2.07 through Area 2.

At the Heart of KAFD



Located in KAFD, where many financial sector organizations are based, the Financial Academy enjoys a unique and strategic location. In addition, the area is known as a business and entertainment hub with many cafés and restaurants, making the learning experience more enjoyable thanks to its vibrant surroundings.

CONNECTING AND LEARNING

Though it comes from within, transformation often requires a catalyst. And for many business leaders, the Financial Academy (FA) professional training programs and development activities have been that catalyst. Here, you're fully immersed in a transformational living-learning experience, networking with gurus from around the world, and engaging in programs led by prominent local and international financial industry experts . It's a holistic experience that will enrich and develop your career - and your life.

ADMISSIONS

We admit candidates to specific sessions on a rolling space available basis, and encourage you to apply as early as possible. Although most programs have no formal educational requirements, admission is a selective process based on your professional achievement and organizational responsibilities.

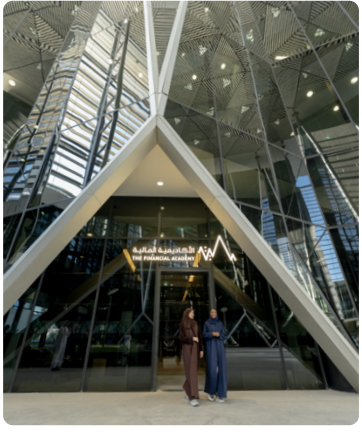
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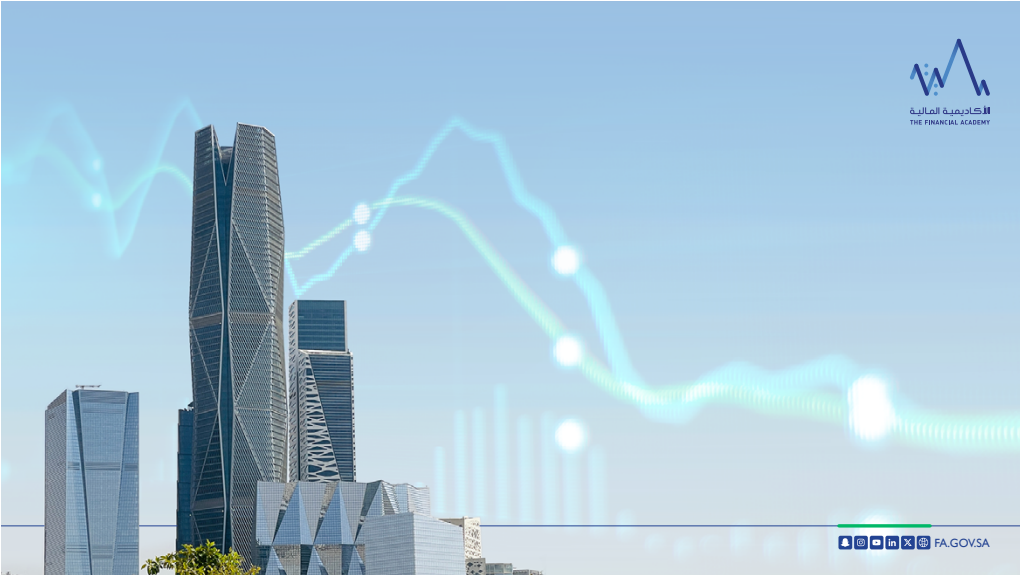
www.fa.gov.sa

For A Personalized Consultation

The Financial Academy
King Abdullah Financial District (KAFD),
Metro Blvd St, building 2.07-C ,Riyadh 13519,
Saudi Arabia.
Email: **cs@fa.Gov.SA**
Phone: 800.101.0015 (Toll-Free)

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