



Sarah Furness invites you
to her Corporate Taster
Day to discuss...

Post COVID
Performance and
Resilience



Context

COVID has created VUCA
environment for many
organisations - Volatile, Uncertain,
Complex and Ambiguous.

As a result leaders and managers
increasingly need to be able lead a
workforce that is feeling
overworked, disempowered and
stressed.

Sarah Furness spent 20 years being
trained for and leading in VUCA
environments. She is going to share
her strategies for how to lead
effectively post COVID.



12pm - 4pm

Friday 28th January 2022

River and Rowing Museum, Henley on Thames



Address

River & Rowing Museum, Mill Meadows, Henley
on Thames, Oxon, RG9 1BF.

If you are using a Sat Nav, please note that our
postcode will take you to Henley Station. From
Station Road, please take the road marked
'Meadow Road' and continue through Mill
Meadows, past the public parking area, turning
right into the Museum's visitor car park.

Rail

Hourly services from London (Paddington),
Reading and Maidenhead via Twyford to Henley
on Thames. We are a short level walk – 5
minutes – from Henley station.

Sarah Furness MA Cantab RAF



Keynote Speaker

Executive Coach

Consultant

Sarah served as a helicopter pilot and Squadron Leader in the RAF. She led multiple missions in Iraq and Afghanistan.

These are the most powerful lessons she learned:

- Intelligent capable people don't always feel as strong as they look

- Performance under pressure is NOT instinctive

- BUT humans have an amazing capacity to adapt, grow AND lead even in the toughest conditions...when we know how.

Sarah's experiences as a combat operational commander, helicopter pilot, mother and mindfulness practitioner has led her to develop her own unique Healthy Automatic Behaviours In Threatening Scenarios (H.A.B.I.T.S.) Formula - a way to train the mind to be a Jedi master under pressure and lead effectively during difficulty.

Nobody is born a Jedi Warrior.

But we can all learn to become one.

THE TASTER SESSIONS

These sessions will answer two common leadership challenges - how to do more with less whilst avoiding staff burnout, and how to safeguard workforce resilience and loyalty during uncertainty and difficulty.

1230-1330

Keynote excerpt

Q&A session

HOW TO LEAD IN UNCERTAINTY

COVID has created the perfect conditions for the workforce to feel powerless, fearful and resentful. This is attacking staff performance, resilience and loyalty. Sarah will reveal common leadership pitfalls to avoid in these conditions. She will share the strategies she learned during her Resistance to Interrogation training that will enable leaders and managers to increase staff resilience and engagement during uncertainty and difficulty.

1330-1430

Fork lunch/canapes

Wine

LUNCH AND NETWORKING:

This event is invitation only and restricted to 20 key decision makers and influencers across industry.

This is YOUR time to network with like-minded change makers in an intimate and positively charged environment.



1430-1530

Keynote excerpt "Train Hard Fight Easy"

Interactive facilitated debate and group discussion

HOW TO DO MORE WITH LESS:

There is an increasing acceleration towards burnout from top to bottom in many organisations. The instinctive reaction to a busy workload is to try and do more. The result is greater errors, time wasted and increased stress. Sarah will talk you through the pilots "work cycle" technique and how to double performance under pressure.