Self Leadership:  
Using Olympic Principles to Guide your Personal Success

The metaphor of sport is often used to describe management and leadership practices. Teamwork, visioning, strategy, and organizational development and training parallel sport performance. In this session, an Olympic rower will demonstrate how productive the leadership/sport metaphor can be for personal development and performance.

Drawing on her experience as a two time Olympian, and particularly as a member of Canada’s double gold medal winning Olympic rowing team (Barcelona 1992), Dr. Jennifer Walinga shows participants how the sport performance metaphor can be applied effectively to the practices of self leadership: goal setting, visioning, and planning. In her 25 years as an educator, researcher and consultant in the area of organizational behaviour and learning, Walinga has seen how successfully the tools she learned in the rowing shell transfer to daily life. Dr. Walinga weaves colourful stories and videos throughout her presentation and includes an interactive component that shows how physiological principles are just as present at work as they are in sport.

Note: This session can also be designed as a keynote session appealing to all levels of management.

Topics:
- Key principles to a Gold Medal personal vision
- Active recovery
- The Gold Medal Standard
- Knowing your perfect system
- Interpersonal communication mechanisms
- Problem solving the barriers and threats to goals
- Vision as leader
- Building the race plan

Learning Objectives:
- Gain insight into the principles of optimal performance
- Apply the concepts to current personal and workplace challenges
- Reflect on one’s personal gold medal standard, goals and processes
- Learn how to generate a personal ‘race plan’ that incorporates complex needs, values and goals within your life
- Generate strategies for designing, implementing and sustaining Gold Medal personal performance
- Enjoy inspiring stories from sport and organizations and celebrate the values and excitement of the Olympics

Facilitator: Jennifer Walinga, PhD, Asst. Professor, School of Communication and Culture, Royal Roads University Consultant, Integrated Focus Consulting. A Commonwealth, World and Olympic Champion rower, Jennifer draws heavily upon her experience as an elite athlete when facilitating personal and organizational performance. Her areas of teaching and research include organizational communication, strategic planning, and decision-making grounded in theories of optimal performance, creative insight, and leadership. She is currently facilitating projects in both the public and private sectors with a special emphasis on health and education.  

www.integratedfocus.ca

Length: 1 day  
Date: Thurs, May 31, 2012  
Times: 9am – 5pm  
Cost: $195 (tax exempt)  
Best to Register By: Thurs, May 17, 2012

To Register: Register online at http://www.royalroads.ca/continuing-studies using Visa or MasterCard; or by telephone, Monday to Friday, 9:00 a.m. – 4:00 p.m. at 250-391-2600, ext. 4801; or Toll Free at 1-866-890-0220. Or, come by in person to the Continuing Studies reception area in the Grant Building, 2005 Sooke Road, Victoria, BC, Canada V9B 5Y2.