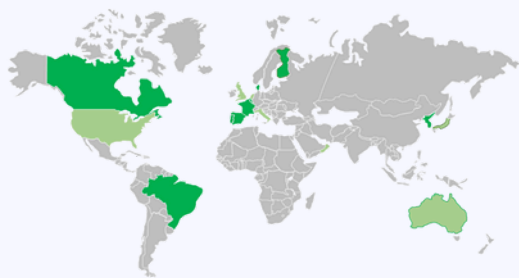


Corporate High Performance Programmes

Better leadership, better teams,
better organisations

Academia x high performance sports

SportsinQ combines scientific models with best-practice methodologies from the world of high performance sports. This enables our multi-disciplinary, international network of professors and sports professionals to bring academic theory to life. We have a unique, international network of professors and sports professionals who work on our projects together, resulting in solutions that are scientifically proven and tested in practice.



- Global academic network*
- Elite experts & coaches
- Gold medal-winning models and theories
- Our own Sports Leadership Institute & Programme

*Including: Victoria University, Loughborough University, Harvard University, VU Amsterdam, Nyenrode Business School, Hogeschool van Amsterdam



The aim Improve performance by unlocking hidden potential

WHAT
High-Performance Programmes

HOW
Inspiring, educating & experiencing

WHO
Managers, teams & high potentials

WHERE
Elite Sport Facilities

Corporate High Performance Programmes

The power of sports

We believe sports has the power to unlock potential within individuals, teams and therefore organisations.

SportsinQ offers leadership programmes that use learnings derived from High Performance Sports and translates them to the corporate world.

Programmes

- I High Performance Culture
- II Effective Team Collaboration
- III Leading High Performing Teams
- IV Talent Development
- V Gold Medal Mindset
- VI Game Changing Leadership

Overview



High Performance Culture

Deep dive into the world's most successful High Performance sport cultures



Leading High Performing Teams

Spot the spark and fuel the fire like a High Performance coach



Gold Medal Mindset

Unlock Olympic-level success through mental mastery



Effective Team Collaboration

Learn common characteristics shared by the world's top performing sports teams



Talent Development

Lead teams to greatness, setting the standard as a world class manager



Game Changing Leadership

Empower your journey as a corporate athlete, unleash your A-Game

Team sessions

Managerial level

Individual track

Better leadership, better teams,
better organisations

I. High Performance Culture



Come together like the All Blacks and become a force to be reckoned with

Introduction

This module highlights that culture drives success and leadership shapes culture. High performance in sports teams parallels corporate success, showing that even the most talented groups rely on cultural dynamics to achieve exceptional results. By examining the traits of the world's most effective sports environments, we can learn valuable lessons applicable beyond the playing field.

Key learnings

- Get familiar with world's most elite High Performance Sport Cultures.
- Explore key-elements from High Performing Sport Cultures.
- Learn what High Performance Culture makes and breaks.
- Take a deep dive in your own Corporate Culture.
- Learn how to take the next step in establishing a High Performance Culture

Itinerary

Warm-up

- Into the dressing room - Foundation of High Performance culture.
- Sweep the sheds - the way you do one thing, you do everything. The basics done brilliantly.

First half

- The Culture Scan - Humility, character and the ethos of your organization.
- The challenge section - What do you face in your organization?

Half time

- Onto the pitch - Real hands-on rugby exercise
- Lunch, recover & recap

Second half

- The Haka - "Leave your jersey in a better place"
- Leaders create leaders - Developing a leadership environment

End of the match

- What will your legacy be, how do you leave the jersey in a better place?
- What will you bring to the team - what do you want to be proud of?

II. Effective Team Collaboration



Achieve your team peak performance like world's top performing sports teams

Introduction

The dynamics of effective team collaboration in sports highlight a fascinating phenomenon: not all teams operate with the same level of effectiveness, even when they possess similar talent and resources. By delving into this phenomenon, we uncover crucial insights applicable beyond the sports arena. By dissecting the factors that contribute to the success of these exceptional teams, we uncover invaluable lessons to enhance collaboration, productivity and goal attainment in any organizational setting. Understanding and implementing these insights can be the key to outperforming the competition.

Key learnings

- Get familiar with worlds most effective high performing sport teams.
- Learn which characteristics high performing sport teams all have in common.
- Learn the phases and stages towards becoming an effective high performance team.
- Gain insight and analyse your team as a high performance coach.
- Learn to take the next step in becoming a more effective high performing team.

Itinerary

Pre-Season	<ul style="list-style-type: none">• Into the meeting room - The essentials of effective teams• Moving on the curve - From forming to performing
First half	<ul style="list-style-type: none">• The high performance game - Your sport, team & game• Team assessment - Which challenges does your team encounter?
Half time	<ul style="list-style-type: none">• Onto the pitch - Real field hockey exercise• Lunch, recover & recap
Second half	<ul style="list-style-type: none">• The 5 success factors shared by all effective teams• The team score - Rating your team efficiency
Champions League	<ul style="list-style-type: none">• Context Analysis - Mapping and identifying efficiency opportunities• Next Steps - Defining your efficiency game plan

III. Leading High Performing Teams



Lead teams to greatness, setting the standard as a World Class Manager

Introduction

High-performing teams are shaped and guided by their leaders, whose practices and philosophies offer crucial lessons on leadership styles, authenticity, and the multifaceted role of a leader. By delving into the key characteristics and lessons of exceptional leadership, we reveal invaluable insights for anyone aspiring to lead with excellence. Understanding and implementing these insights can be the key to becoming the best leader in your own unique way, driving success and inspiring excellence in any organizational setting.

Key learnings

- Gain insights into the qualities and behaviors of the best high performing leaders.
- Explore the fundamental traits that contribute to high performance leadership.
- Devine your authentic profile as a high performance leader.
- Develop your own high performance leadership vision.
- Learn to lead your team to a state of high performance.

Itinerary

Pre-Season	<ul style="list-style-type: none">• The coach - An introduction to successful leadership• Leadership - innate trait or acquired skill?
The season	<ul style="list-style-type: none">• Personality assessment - Strengths and preferences• Thriving under pressure - Discovering your solid ground
Half time	<ul style="list-style-type: none">• Onto the pitch - Real basketball exercise• Lunch, recover & recap
Play-offs	<ul style="list-style-type: none">• Unveiling your distinct leadership style• Situational leadership - Dealing with every situation
NBA Finals	<ul style="list-style-type: none">• Develop your unique leadership vision• Your final speech - How do you want to be remembered?

IV. Talent Development



Spot the spark and fuel the fire like an international High Performance Coach

Introduction

Talent development goes beyond simply building skills; it embodies a journey of unlocking human potential and fostering excellence. Managers and coaches play pivotal roles in this quest. They offer insights on maximizing individual and team capabilities, setting the right cultural tone, inspiring greatness, and providing strategic guidance. They prioritize growth and create environments conducive to nurturing talent to its fullest. Central to this journey is understanding the essence of talent itself — its definition and how to cultivate it to its utmost potential — empowering individuals and teams to achieve extraordinary success.

Key learnings

- Get familiar with high performance talent theories and identification.
- Delve into the core principles of effective talent development.
- Develop a distinctive coach vision for talent empowerment.
- Learn to use your leadership to maximize the full potential of talents.
- Learn how to cultivate an environment that supports continuous improvement.

Itinerary

Warm-up	<ul style="list-style-type: none">• “The talent formula” - Introduction to high performance talents• Spot the spart - Talent identification models
The Selection	<ul style="list-style-type: none">• Team analysis - Understand before you lead• Fuel the fire - Talent development methods
Half time	<ul style="list-style-type: none">• Onto the pitch - Track & Field exercise• Lunch, recover & recap
The Season	<ul style="list-style-type: none">• The wicked learning environment• Develop your own talent ID & development programme
Recovery	<ul style="list-style-type: none">• Motivation and resistance - Listen, understand and act• Communication styles and handling conflicts

V. Gold Medal Mindset



Unlock Olympic-level success through mental mastery

Introduction

Mindset in High Performance sport transcends physical training; it encapsulates the mental resilience and psychological fortitude required to excel under pressure. Coaches and athletes must master skills such as handling pressure, maintaining concentration, overcoming setbacks and leveraging feedback for growth. Cultivating a growth mindset, achieving flow states, and utilizing visualization techniques are essential components of this journey. Understanding how to maintain focus, embrace challenges and continuously improve empowers individuals and teams to reach their highest potential and achieve remarkable success.

Key learnings

- Explore fundamental principles of a of high performing athlete's mindset.
- Get introduced to the philosophy and mindset of Stoicism.
- Understand the key differences between a growth and fixed mindset.
- Learn techniques to achieve flow states and peak performance.
- Develop strategies for managing pressure and maintaining concentration.

Itinerary

The Season	<ul style="list-style-type: none">• Mindset Principles in high performance environments• Deep dive into the history of Stoicism
The Qualifier	<ul style="list-style-type: none">• Growth and fixed mindsets• The circles of influence - Maintaining concentration
Half time	<ul style="list-style-type: none">• Onto the pitch - Real speed skating exercise• Lunch, recover & recap
Olympic Games	<ul style="list-style-type: none">• In the heat of the Game - Dealing with pressure, resilience and adversity• Self-assessment: Mapping your pressure fields
Olympic Final	<ul style="list-style-type: none">• Flow states - Unlock your full potential and flourish• Visualization - How to handle high pressure situations

VI. Game Changing Personal Leadership



Empower Your Journey as an Athlete, Unleash Your A-Game!

Introduction

Personal leadership forms the cornerstone of achieving High Performance in sport. In this demanding environment of intense competition and uncompromising feedback, where individuals are solely responsible for their own performance, honesty with oneself is essential. It requires taking responsibility for one's actions and decisions, while staying true to one's authentic self. This integrity and self-awareness are crucial in identifying personal strengths and areas for improvement. By embracing these principles, individuals can align their actions with their values, laying a solid foundation for continuous growth, peak performance and unlocking their full potential.

Key learnings

- Learn about the relationships between personal leadership and high performance.
- Explore and understand your own personality under different circumstances.
- Analyse your current state, progress and future direction.
- Identify and establish the personal balance you need to thrive.
- Determine and define your personal strategy to maximize your potential.

Itinerary

Warming up	<ul style="list-style-type: none">• Introduction of personal leadership in high performance sports• “Leading your career by leading yourself”
On Your Marks	<ul style="list-style-type: none">• What do you bring to the starting line?• Personality Test - What is your competitive edge?
Get Set	<ul style="list-style-type: none">• Onto the pitch - Real rowing exercise• Lunch, recover & recap
Go!	<ul style="list-style-type: none">• Find your balance - On and off the pitch• Self-awareness and assessment - Vitality check
The Finish	<ul style="list-style-type: none">• “When do you win your golden medal?”• Ownership - Define your own KPI's and strategy

Tailor made experience

6 programmes, countless variations

Our High Performance programme consists of six topics over six days. While we believe that following the full programme will lead to the best results each part of the programme can be delivered independently. During the intake process there is a strong focus on tailoring the programme to your specific situation.

Get in touch with Siem Schoenaker for further details

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