

# THE FAST FORWARD EXPERIENCE

## East Africa's Premier Leadership Development Programme



Fast Forward has become the region's most talked-about leadership development programme. Every year, FFWD attracts a small, select group of current and future leaders who participate in the programme's innovative learning format, based on the age-old Socratic Dialogue.



**FRANK IRERI, GROUP MANAGING DIRECTOR, HF GROUP**

A great forum in which to learn and share with peers - lots of fun!



**NASIM DEVJI, GROUP MD, DTB AFRICA**

My heartfelt gratitude for taking me on this programme. I am happier and more accomplished.



**JOHN MUSUNGA, HEAD OF VACCINES, GSK BRUSSELS**

FFWD allowed me to pause in my leadership journey & reflect. The programme remoulded me for the better.



**CAROL MUSYOKA, FOUNDER, CAROL MUSYOKA CONSULTING**

A sometimes laugh-out-loud, sometimes deeply intrusive, sometimes deeply emotive personal journey of discovery. Ultimately I found myself!



**ANNE MUTAHI, CHAIR, STANDARD CHARTERED KENYA**

Several light-bulb moments on so many fronts!



**MUEMA MUINDI, MANAGING DIRECTOR, KENYA ORIENT**

A journey of transformation. So many lessons learnt. So much to put into practice.



**POLYCARP IGATHE, DEPUTY GOVERNOR, COUNTY OF NAIROBI**

A beautiful programme - most insightful and most humbling.



**JAMES MWANGI, GROUP MD, EQUITY BANK GROUP**

A transformational programme for me as a person and a leader. I wish I had undergone this journey years ago!

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Fast Forward is about building WISDOM in business leaders – developing the deep insights and acute judgement that separate great leadership from the merely humdrum.



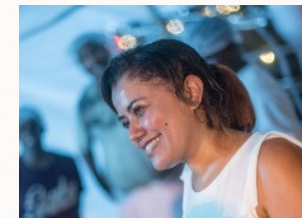
**JOSHUA OIGARA, GROUP MD, KCB GROUP**

I loved the leadership journey and a new momentum for 21C. The future belongs to doers!



**NIVI MUKHERJEE, PRESIDENT, BRCK EDUCATION**

I cannot thank you enough - you've changed how I see my business, employees and customers.



**FAHIMA ZEIN, CHIEF INVESTMENT OFFICER, GENAFRICA**

I'm glad I chose FFWD - I learnt so much about myself. Thank you, Sunny and Carol!



**JEENAL SHAH, DIRECTOR, AUTOXPRESS LTD**

If an invitation were to arrive on your doorstep to join FFWD, accept it without a single further thought. You won't regret it.



**JOHN GACHORA, GROUP MD, NIC GROUP**

Enjoyed it thoroughly! Well-balanced and diversified. A must for any aspiring leader!



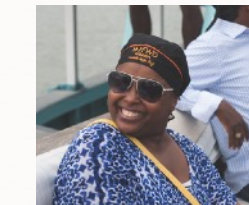
**WACHIRA MAINA, MD, ROYAL MEDIA SERVICES**

A great refresher. Brilliant journey, amazing learning.



**FREDERIK EIJKMAN, FOUNDER, PESATRANSACT**

I learned and unlearned a lot. Now I have to work on it!



**LORNA IRUNGU-MACHARIA, SIWA COMMUNICATIONS**

This programme allowed me to look in the mirror and realise that it's OK and I'm not alone. Thank you.

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**MARTIN ODUOR-OTIENO,  
EXECUTIVE COACH, THE  
LEADERSHIP GROUP**

I should have come on FFWD earlier! Inspiring & really powerful messages.



**JOE MUGANDA, CEO,  
NATION MEDIA GROUP**

A great network, and the opportunity to learn from others just priceless.



**MARILYN KAMURU,  
FOUNDER, E-MANAGE**

Great stepping-stone in my journey as a leader.



**DENNIS AWORI, CHAIR,  
TOYOTA KENYA**

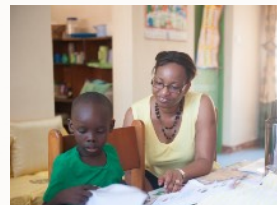
A great experience, full of transformative learning. Fantastic networking opportunities.



*Sunwords*



**ALEX NYAGA, CEO,  
PARAPET LTD**  
Simply life redefined!



**SUSAN MOCHACHE, PS  
SOCIAL SERVICES, GOK**  
Great, great programme. My take-home: do what you have to do in your life in the limited time available.



**TK MUYA, FOUNDER,  
FAMILY BANK GROUP**  
Thank you for the opportunity! It provoked me, made me think harder. I own nothing and shall leave with nothing!



**JEREMY NGUNZE, MD,  
COMMERCIAL BANK OF  
AFRICA - KENYA**  
A rewarding intervention, very practical for use in everyday leadership. I will treasure the contacts I have made.