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# FAST FORWARD



East Africa's premier leadership programme is for those who want to uncover the real meaning of leadership and bring nobility and higher thought back into organizational life.



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# LEADERSHIP UNUSUAL



Fast Forward is learning the old-fashioned way: through dialogue, questioning and probing in an environment that encourages interaction with a select group of peers.

Fast Forward takes a small number of carefully screened participants every year and provides an intimate learning experience. It combines age-old wisdom with leading-edge management thought.



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# DEEP LEARNING



Fast Forward does not *teach* leadership; it creates the conditions in which participants *learn* it. It is intensely experiential: team activities, group discussions and hard-hitting debates bring home the true essence of what it means to lead.

Fast Forward is designed for leaders who wish to deepen their wisdom and discover their personal, authentic leadership assets.





## LEARNING - THE FAST FORWARD WAY

**Intimate** Individual and small-group sessions with the Programme Leader set out personal goals and share experiences from Fast Forward.

**Interactive** Participants engage in structured dialogues and debates in which they dig deeper to uncover the true reasons why leaders succeed or fail.

**Experiential** At the centre of the curriculum are lively group exercises that reveal insights into the everyday practice of leadership.

**Connected** The FFWD alumni group is a vibrant and unique network that turns the programme into a lifelong journey of shared learning.

# THE 7 FFWD LEADERSHIP PATHS

## REAL LEADERSHIP

Leadership means the ability to look human beings in the eye and get them to do your bidding - willingly and enthusiastically. It is not about command structures and lines of authority; it is about having the *credibility* to lead. You will be introduced to **7 key leadership paths** that will form the core of your learning experience throughout.

FFWD does not dwell on theory; it lets you try things out to explore the 7 paths. Real teams are created as part of your journey, and real situations are devised that require wisdom and insight to resolve.

As a FFWD leader you are taught the art of listening deeply to your world, to pick up signals and insights through awareness. You learn the importance of uniqueness - of leading through distinction, not mimicry. You understand leadership as service to the many, not rewards to the few. You are shown the crucial need to be a role model and exemplar who is believable and trusted. You learn to regard your followers as fellow-adventurers on a quest, not resources to be exploited. You become a doer, not just a designer, and learn how to make things happen through others.

FFWD is ultimately a programme about *meaning*. It goes beyond short-term targets and takes its participants on an odyssey towards wisdom - the greater good for the longer term.





## OUR TEAM

### SUNNY BINDRA

Fast Forward is designed and led by Sunny Bindra, Kenya's renowned business thinker, educator and writer. Sunny has worked intimately with some of the region's top leaders, and is an inspirational teacher and speaker.



### CAROL MUSYOKA

Carol, well-known columnist, seasoned consultant and board member, is an international educator who is Sunny's co-facilitator on Fast Forward.



### FRIDAH NGUYA

Fridah is our Programme Manager, and handles all programme events and logistics with her team.



### FIND OUT MORE

Email us at [hello@sunwords.com](mailto:hello@sunwords.com), or call +254 20 760 2000

*Sunwords*



Fast Forward has become the region's most talked-about leadership development programme.

Participants join a small cadre of leaders who understand wisdom in leadership and who care deeply about the uplift of Africa.

