



Maximum Performance Management Development Programme

Take your management skills to the
next level

Autumn 2023

Spring 2024



The MDP – at a glance

Who should attend?

Programme structure

Cyrus Cooper

The team

Feedback

Dates, times, fees & bookings

The MDP – at a glance

This tried-and-tested, ILM-recognised programme will help you become a better manager. And a successful manager means a less stressed team!

Taking part will help you step up and really make a difference. Experiential, stimulating and inspirational, it's a great foundation for a successful career in management.

We cover all the key areas, starting with you. The Facet 5 personal profile will help you develop your understanding of your own behaviours before you start trying to deal with the behaviours of your team. The first of two one-to-one coaching sessions will help 'unpack' your profile report, a valuable tool on the programme and back in the workplace.

Then we get stuck in to all the key issues and challenges, one bite-sized module at a time. Guest specialists and our wonderful actors add another dimension. The modular approach gives you plenty of tools and strategies for dealing with everyday challenges in the workplace (and the time to put them into practice, before coming back for the next session), as well as the opportunity to learn from others' experiences, and to benefit from the practical advice and guidance of some inspirational trainers. A final coaching session helps you plan your next steps.

'Absolutely fantastic – already recommended to three colleagues'



ILM recognised programme



Facet 5 profile



A 10-day programme

17

17 subject areas



2 individual coaching sessions

zoom

Virtual delivery

LinkedIn

LinkedIn alumnus group



Bite-sized sessions



10-12 usual group size

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*'I would highly
recommend this
to any newly
appointed team
leader / manager'*

Who should attend?

The programme is designed primarily for those in the process of stepping up to management for the first time – ideally, from those not yet appointed to those who've been doing it for a couple of years. But it's never too late, as this feedback from recent participants shows:



'The biggest compliment I can give the course is that I took it 15 years too late! I have been on a lot of training courses and this is by far the best'



'If I could have, I would have done this course years ago before starting my managerial career'



'I confess, having managed teams of people for several years, when my Managing Director signed myself and a colleague up for the course, I was unenthused to say the least. I thought I already knew all I needed to about management. I was wrong. This course has really helped me to identify the areas I need to focus on, for me and my team'

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DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX
<p><i>Welcome</i></p> <p><i>What makes a manager?</i></p>	<p><i>Creating the environment for success</i></p> <p><i>Time and priority management</i></p>	<p><i>Crucial conversations</i> <i>[with actors]</i></p>	<p><i>Managing performance reviews</i></p> <p><i>Coaching skills to develop others</i></p>	<p><i>Effective delegation</i></p> <p><i>Managing through change</i></p>	<p><i>Communicating and presenting with impact</i></p>
DAY SEVEN	DAY EIGHT	DAY NINE	DAY TEN	TWO ONE-TO-ONE COACHING SESSIONS	A PERSONAL REPORT
<p><i>Influencing and negotiating</i></p> <p><i>Running effective meetings</i></p>	<p><i>Emotional intelligence and your personal brand</i></p> <p><i>Leadership styles</i></p>	<p><i>Problem-solving and decision-making</i></p> <p><i>Managing working relationships</i></p>	<p><i>Programme review</i></p>	<p>Flexible, to suit participants, usually after days one and ten</p>	<p>Facet5</p>

'By far the best training course I have been on'

For full programme content, please see the website [here](#)

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Cyrus Cooper

Cyrus Cooper, Managing Director of Maximum Performance, is an exceptional international trainer, facilitator and coach.

He specialises in helping managers to focus on their roles and responsibilities with the aim of getting great results with the people they manage. He has helped organisations in the public, private and voluntary sectors to improve their performance through a range of interventions covering leadership challenges, motivational management and corporate and executive 1:1 coaching.

Cyrus is enthusiastic and practical in his approach. His strong facilitation skills and focus on his audience create a powerful learning experience. His methods are set out very clearly in his book, *Brilliant Workshops*, published by Pearson Education.

Cyrus designed the Maximum Performance Management Development Programme and is the programme director, supported by a select team of specialist presenters, coaches and actors.

*‘Cyrus’s
enthusiasm is
infectious’*



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*'I had a one-to-one
session with Scott
Rumsey and this
was fantastic'*

The team



Scott Rumsey

Scott is a Lead Consultant at Maximum Performance. A very experienced and enthusiastic trainer, facilitator and coach, he relishes the opportunity to help managers succeed in their roles and careers. Scott is the personal coach on this programme and runs some modules.



Kat Engall

Kat offers a range of communication and vocal skills such as learning how to use storytelling as a guide to presenting; to voice coaching for those who feel they want to improve diction, clarity and breath control. Her current client base ranges from doctors, lawyers, and Ted-Talk speakers – to actors, influencers and singers. Kat (or Josh) delivers day six.



Alastair Jones

Alastair has authentic leadership experience after more than five years 'in the trenches' as CEO of a national charity. He has been developing business leadership teams from large household names to small businesses, using his leadership experience to inspire and inform growth.



Jamie Chambers

Jamie is a highly experienced, qualified, award-winning and nationally recognised professional within the world of learning and development. He is passionate about empowering change, transformation and growth in a fun, creative and inspiring way. Jamie runs some modules on this programme.



Nick Johnson

Nick has 30 years' experience in training, coaching and consultancy. He enjoys working with managers and leaders to help them reach their potential, overcome challenges and create a work environment where individuals and teams thrive. Nick runs some modules on this programme.



Josh Roche

Josh is a speech & communications coach who uses his skills as a professional theatre director to help people maximise their personal impact. He has spent 11 years as a directing theatre at the highest level. Josh (or Kat) delivers day six.

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*'I am
recommending this
programme to a
lot of people!'*

*I'd recommend the MDP to
**anyone looking to build
confidence in leadership,**
develop skills, create a network,
and progress their career*

*It's a great way to **demystify
management***

*It's hard to put in words how
fantastic this course was. **It
changed the way I perform as a
manager.** I highly recommend it!*

*One of **the best training**
programmes I have attended*

*I wholeheartedly recommend
Maximum Performance for
arming managers and teams
with a toolkit they can carry
with them throughout their
career. Maximum fun and
maximum return on investment!*

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	Autumn 2023 cohort	Spring 2024 cohort
DAY ONE	18 October 2023	18 April 2024
DAY TWO	22 November 2023	14 May 2024
DAY THREE	12 December 2023	27 June 2024
DAY FOUR	11 January 2024	23 July 2024
DAY FIVE	21 February 2024	18 September 2024
DAY SIX	14 March 2024	17 October 2024
DAY SEVEN	23 April 2024	19 November 2024
DAY EIGHT	16 May 2024	12 December 2024
DAY NINE	13 June 2024	23 January 2025
DAY TEN	18 July 2024	11 February 2025

The programme runs virtually, on Zoom.

Sessions run 10-12 and 2-4.

The fee for the programme is £2,995 + VAT per person (but give us a call for discounted rates for public sector and VCSEs).

To book now, just **download** the booking form and follow the instructions there.

Any questions?

Just give us a call on 01582 463460 or email us at info@maximumperformance.co.uk. We're here to help!

*'It's a great
programme'*

www.maximumperformance.co.uk | **01582 463460**

