

The Leader's Longevity

Practical Psychological Tools and Techniques to Optimize Leader Health, Meaning and Longevity

May 20-24, 2020, [Mikes Estate, Zabola](#), Covasna, Romania

Day 1

Radu Manolescu
K.M.Trust & Partners

Day 1

Uma Naidoo
Harvard Medical School

Day 2&3 - Key Note

Srini Pillay
Harvard Medical School

A **3-Day executive development program during a 5 days retreat** in the magical setting of Count Mikes Estate for 40-50 executives

Program Overview

As K.M.Trust & Partners' mission is to “*help companies live their values while having a memorable positive impact in the lives of the people we work with*” and Srini & Uma’s mission is about “*improving health and longevity*”, this executive development program is about creating the context and the awareness for an improved leadership and quality of life with better health and increased longevity.

Thus, the module led by Radu Manolescu is about addressing the self-judgement, **self-awareness and 6 other leadership super-powers** of today: **Vitality, Presence, Adaptability, Flexibility, Possibility and Kindness.**

The modules led by Uma Naidoo focus on:

- Understanding the impact of the Gut-Brain Connection: Why the leader’s mind is not separate from his or her body
- Overview and the science behind foods that help attention, boost energy, improve vitality and enhance longevity

The modules led by Srini Pillay are designed to:

- Understand how you can leverage your own brain and the brains of teams to enhance health, meaning and longevity
- Incorporate brain-based frameworks with everyday challenges for individuals and teams to enhance business impact

Program is designed for executive level.

Goals for participating executives:

- Share and clarify current **personal and business challenges**
- Share current personal and business **challenges with health, meaning and longevity**
- Understand **multidimensional** nature of vitality
- Anchor program in a **brain-based definition of leadership**
- Understand the **cognitive problems** underlying vitality and what to do about this
- Deep understanding of **psychological defenses** that prevent self-expression
- Understand how **trauma** is connected to vitality and the future of work
- **Strategic application** of trauma, vitality and defenses
- Understand breakout moments and what this implies
- Understand how to **design leadership strategy** for longevity
- **Develop a committed leadership strategy** for longevity

The Speakers:

Key Note Speaker: Dr. Srin Pillay

Dr. Srin Pillay is the CEO of NeuroBusiness Group, a company that specializes in developing transformational leaders, voted one of the Top 20 “movers and shakers” in leadership development in the world by Training Industry. He is a Harvard-Trained psychiatrist, experienced brain-researcher and certified master executive coach who combines his experience in all three fields to develop custom approaches to help senior leadership teams enhance strategic speed by enhancing leader confidence and resilience, facilitating change, enhancing agility, and boosting productivity and creativity.

In addition to being on the faculty of Harvard Medical School, he has also served on the faculties for executive education for Harvard Business School, Duke CE and Mobius Executive Leadership, a current partner of Egon Zehnder. Dr. Pillay is currently a member of the by-invitation only Transformational Leadership Council (TLC) and on the board of The Future of Executive Development (FRED). He is also on a think tank at McKinsey & Co., called “The Consortium for Advanced Adult Leadership and Development” and is engaged in research projects with The McKinsey Academy.

His client roster includes non-profits such as The World Bank, The UN, the DOD and the IMF. His work with high potentials and senior-leadership teams in for-profit companies includes Accenture, Lockheed Martin, Coca Cola, PepsiCo, Blue Shield of California, Prudential, Willis Group, State Farm and 3M.

Dr. Pillay's business-related keynotes have been received with high acclaim throughout the world including the continental US, Canada, London, Paris, Switzerland, Brazil, India, Bulgaria and Romania. He is currently a designated provider of online learning for LinkedIn Learning for corporate mental health (depression, anxiety and addiction), as well as neurocoaching®, the discipline that he has pioneered.

Dr. Pillay and his expertise have been widely featured in the media including: *CNN, Business News Network, Fox, NPR, The Boston Globe, The New York Times and Money Magazine*. He is a regular contributor to *Harvard Business Review* and has been featured in *Forbes and The Wall Street Journal*.

He is also the award-winning author of: "Life Unlocked: 7 Revolutionary Ways to Overcome Fear" and "Your Brain and Business: The Neuroscience of Great Leaders." His new book is "Tinker, Dabble, Doodle, Try: Unlock the Power of the Unfocused Mind" (Ballantine Books, 2017). Srimi has also presented a TEDx – "WIRED FOR SUCCESS: The Science of Possibility."

Uma Naidoo

Michelin-starred chef David Bouley described Dr. Uma Naidoo as the world's first "triple threat" in the food space: a Harvard trained psychiatrist, Professional Chef and trained in Nutrition.

Her nexus of interests found their niche in Nutritional Psychiatry. Dr. Uma Naidoo is regarded as both a national and international pioneer in Nutritional & Lifestyle Psychiatry, and the American Psychiatric Association has asked her to author the first academic book in this area.

Dr. Uma Naidoo founded and directs the first hospital-based clinical service in Nutritional Psychiatry in the USA. She is the Director of Nutritional and Lifestyle Psychiatry at Massachusetts General Hospital (MGH) & Director of Nutritional Psychiatry at the Massachusetts General Hospital Academy while serving on the faculty at Harvard Medical School.

After graduating as a medical doctor, she completed her training at the Harvard Longwood Psychiatry Residency Training Program. Next she completed a fellowship in Psychosocial Oncology at the Dana-Farber Cancer Institute/Brigham and Women's Hospital. She blogs for [Harvard Health Press](#). Some of her career awards include "Junior Investigator Award" (American Psychiatric Association); "Leadership Development for Physicians and Scientists" award (Harvard), as well as being the very first psychiatrist to be awarded the coveted "Curtis Prout Scholar in Medical Education" (Harvard Medical School).

Due to her love of food and passion for cooking Dr. Uma decided to pursue a Culinary Arts degree and graduated as a Professional Chef from the Cambridge School of Culinary Arts in Cambridge, MA with High Honors and was awarded the school's most coveted M.F.K. Fisher Award for Outstanding Scholarship and Innovation.

Integrating her professional accomplishments in medicine, human psychology, nutrition and cooking is how she enjoys implementing her clinical work. As the leading Mood-Food expert at Harvard, her main interest is the impact of food on mood. Using food to reduce inflammation and fight disease, as well as and how nutritional psychiatry can have an impact on how we feel by positively affecting our mood and wellbeing.

Her [book](#) on this subject is due to release later this year and available for pre-order on Amazon.

Radu Manolescu

Radu is the Managing Partner of K.M.Trust & Partners which he co-founded in 2006 and who became, starting year two, one of the leading executive search and leadership development firms on the Romanian market. K.M.Trust's mission is to **help companies live their values while having a memorable positive impact in the lives of the people we work with.**

While he considers profits essential for growth and development of any business, he also believe that greed destroys value and that we should all guard against falling into this trap.

Few years ago he initiated an education focused NGO - AVE (www.ave-romania.ro) together with some wonderful people. The common objective is to involve the business community in order to contribute more to, and work together with schools and authorities in order to realize the ambition of having the Romanian education system recognized as among the top 10 in Europe by 2035. Today AVE works closely with the most relevant NGOs from education who assumed the same mission and goals for a faster impact and scalability. He also believes that all of us should contribute towards the introduction of a Social Emotional Learning (SEL) in schools. The first part of K.M.Trust's mission will be lived exactly by addressing this aspect.

Radu has a University Degree from ASE Bucharest, International Economical Relations Faculty. He has postgraduate studies in marketing /Athens and attended Executive Programs at INSEAD, Harvard Business School, Singularity University and Ecole Hoteliere de Lausanne where he is also Visiting Lecturer.

Program Agenda (subject to minor modifications as it is a customized program)

Day 1, MAY 20, Wednesday - Arrival

18h00-19h00 Arrival at Mikes Estate, Zabola, Covasna, Romania
 20h00 Dinner at the estate
 21.30+ Leisure time, networking

DAY 2, May 21, Thursday: Radu Manolescu & Uma Naidoo – Program Day 1

Time	Topic	Outcome
7h00- 7h45	Yoga and/ or Mindfulness, sports at will	Optional activities
08h00-09h00	ORGANIC Breakfast	Casual
09h00-09h15	Intro & Overview – Radu Manolescu	
09h15-10h00	<p>Recap of the key messages from Managing Anxiety & Stress in Leadership</p> <p>Self-assessment on sleep, air, water, food, mental fitness, physical fitness, HIIT, etc. from both quantity and quality perspective.</p> <p>Leadership, ctd'</p>	Review of the leadership benchmark, the 7 superpowers of today's leadership and the importance and impact in leadership of a balanced, health focus approach.
10h00-10h30	Q&A – Radu Manolescu	
10h30-10h45	MORNING BREAK	

10h45 – 11h00	Uma Naidoo led modules Why the leader's mind is not separate from his or her body EXERCISE: MIND-BODY REFLECTION EXERCISE	Participants will understand the developmental, anatomical and physiological reasons to think of the leader's mind and body simultaneously
11h00-11h45	The gut-brain connection	Participants will understand how their guts, brain and leadership decisions are all connected
11h45-12h15	Foods for attention	Participants will understand what foods will boost their attention and how and why this happens
12h15-12h30	EXERCISE AND DISCUSSION: EXERCISE: FOOD AND ATTENTION REFLECTION EXERCISE	Participants will commit to new changes in foods for attention
12h30-14h00	Focus, energy, longevity LUNCH	
14h00-14h30	Foods for energy and vitality	Participants will understand what foods will boost their energy and vitality
14h30-15h00	EXERCISE AND DISCUSSION: EXERCISE: FOOD AND ENERGY/VITALITY	Participants will commit to new changes in foods for energy/vitality
15h00-15h15	AFTERNOON BREAK	
15h15-16h15	Foods for longevity	Participants will understand what foods will boost longevity
16h15-16h45	EXERCISE AND DISCUSSION: EXERCISE: FOOD AND LONGEVITY	Participants will commit to new changes in foods for longevity
16h45-17h00	GROUP DISCUSSION: FOODS FOR ATTENTION, ENERGY AND LONGEVITY	Participants will share ideas about food changes
17h00-17h30	Group Feedback	Create a new FOOD PLAYBOOK

17h30+ Leisure time at choice/optional:

- 18h30-7.30 Yoga/QiGong/mindfulness or
- Activities at the estate: horse riding, boat on the lake, walk, etc

20h00 Dinner

21h30+ Sufi music evening

DAY 3, May 22, Friday – Program Day 2:

Time	Topic	Outcome
7h00- 7h45	Yoga and/ or Mindfulness, sports at will	Optional activities
08h00-09h00	ORGANIC Breakfast	Casual
09h00-09h30	What does psychology have to do with longevity?	Participants will understand the impact of mood, vitality and relationships o psychology
09h30-09h45	EXERCISE AND DISCUSSION: Ground entry points for mood, vitality and relationships (use experiential exercises)	Participants will have a baseline to work from
09h45-10h00	GROUP DISCUSSION: Entry points for mood, vitality and relationships	Share group perspectives
10h00-10h30	Psychological Defenses That Obstruct Vitality	Understand defenses that block our way forward
10h30-10h45	MORNING BREAK	
10h45-11h15	EXERCISE: PSYCHOLOGICAL; DEFENSES	Understand and get feedback on personal defenses
11h15-11h30	GROUP DISCUSSION: Psychological defenses	Share group perspectives
11h30-11h45	Personal reflection: Changes to baseline	Commitments to change will be spelt out
11h45-12h15	Trauma, vitality and the future of work	Understand how trauma is a 2020 priority in the workplace and how this impact vitality
12h15-13h15	LUNCH	
13h15-14h00	EXERCISE AND DISCUSSION: Trauma, vitality, memory and longevity: Re-writing one's autobiography	Understand and get feedback on trauma, vitality and memory
14h00-14h15	Personal reflection: Changes to baseline	Commitments to change will be spelt out
14h15-14h45	MUSIC EXPERIMENT IN BREAKOUT GROUPS	Look at a performance and discuss break-out attributes
14h45-15h00	GROUP DISCUSSION: Breakout moments	Share group perspectives

15h00-15h30	AFTERNOON BREAK	
15h30-15h45	Personal reflection: Changes to baseline	Commitments to change will be spelt out
15h45-16h15	Operating model: How will you use the teachings of the day to operate your personal and business life differently; vitality, defenses, trauma and breakthrough moments	Strategy will be set
16h15-16h45	GROUP DISCUSSION: Operating model	Share group perspectives
16h45-17h00	Summary of day and Q&A	Synthesis

17h00+ Leisure time at choice/optional:

- 18h30-7.30 Yoga/QiGong/mindfulness or
- Activities at the estate: horse riding, boat on the lake, walk, etc

20h00 Dinner

21h30+ Sufi music evening & Rumi poetry recitals

DAY 4, May 23rd, Saturday – Program Day 3:

Time	Topic	Outcome
7h00- 7h45	Yoga and/ or Mindfulness, sports at will	Optional activities
08h00-09h00	ORGANIC Breakfast	Casual
09h00-09h45	Review: Day 1 Insights, Actions, Questions DISCUSSION: SMALL GROUP DISCUSSIONS FOLLOWED BY LARGE GROUP FEEDBACK	A list of updated insights, actions and questions
09h45-10h00	Personal reflection: Changes to baseline	Commitments to change will be spelt out
10h00-10h30	Designing for Dopamine (D4D): Model for Personal leadership development: Part 1: Exercises included during session	Learn insights about how dopaminergic circuits subserve paradoxical elements within ourselves that impact vitality
10h30-11h00	MORNING BREAK	
11h00-11h30	Designing for Dopamine (D4D): Model for Personal leadership development: Part 2: Exercises included during session	Learn insights about how dopaminergic circuits subserve paradoxical elements within ourselves that impact vitality
11h30-11h45	Personal reflection: Changes to baseline	Commitments to change will be spelt out

11h45-12h00	GROUP DISCUSSION: D4D	Share group perspectives
12h00-13h00		LUNCH
13h00-14h00	Operating model: How will you use the teachings of the day to operate your personal and business life differently; vitality, defenses, trauma and breakthrough moments	Strategy will be set
14h00-14h30	Group discussion: D4D	Share group insights about D4D
1430-1500	Advanced psychological halloweenism: The opposites of me exercise	Groups will gather to understand and choose opposites of themselves to move themselves forward
15h00-15h30	AFTERNOON BREAK	
15h30-16h00	Summary: Diet, Trauma, vitality, defenses, trauma, breakthrough moments and D4D	Synthesis
16h00-16h30	EXERCISE: Self-Diarizing the Day: Insights; Action: Questions	Self-reflection on strategy
16h30-16h45	Group discussion: D4D	Share group insights about D4D
16h45-17h00	BIG GROUP FEEDBACK	Walk though group findings
17h00-17h15	Personal reflection: Changes to baseline	Commitments to change will be spelt out
17h15-17h30	Frame after-program course	Understand what needs to be done

17h30+ Leisure time at choice/optional:

- 18h30-7.30 Yoga/QiGong/mindfulness or
- Activities at the estate: horse riding, boat on the lake, walk, etc

20h00 Dinner

21h30+ Music evening (local quartet or pan flute/Nicolae Voiculet, TBD)

Day 5, May 24, Sunday – Departure

- Up to 10h00 – Breakfast
- Checkout

Follow-up after the program (~end of June):

With Radu Manolescu: A one to one discussion on structuring the continuation of the “training” and/or clarifications, support in embedding the key learnings, coaching.

With Uma Naidoo: Webinar of 30 minutes to recap the concepts around how optimal nutrition enhances the leader’s brain health

With Srin Pillay: Webinar on “obstructions to change”, address needs to expand and scale the learning.

THE APP

The dedicated app, which can only be installed upon registration, will facilitate all the logistical and functional aspects of the program, but will also enable you to interact with the speakers and co-participants in real time during the event. Moreover, the app will provide a tool for connection and networking with fellow C-suite executive after the event and will also grant access to relevant materials.

Some of its features:

- Schedule
- Activity feed
- Participants
- Course Materials
- Sponsors
- Polls/Questions
- Give back/Get involved in developing the education in Romania, etc.

Program fees*

- EUR 3,900*/participant – 1 participant
- EUR 3,800*/participant – 2 participants
- EUR 3,700*/participant – 3 participants and more

- Early Bird: EUR 3,400*/participant. Offer valid by Feb 26, for the executive who register and pay.

Participants at the MAS module last year benefit of a special pricing of EUR 3, 400 + VAT*/person irrespective of the number of people sent. Discount registering code will be communicated individually. A landing page is in progress and will be ready soon for registering.

- Program fees include:
 - 3 days executive program
 - All food/ organic 3 meals /day/person buffet (4 breakfasts, 3 lunches and 4 dinners)

- The activities included in the program (yoga, mindfulness, music)*
- 5% of the program fees will be redirected to AVE www.ave-romania.ro . They will be financing a pilot project to introduce “Social Emotional Learning (SEL)” in schools in Romania.

Not included in the program fees:

- Transport to/from Mikes estate
- Accommodation. Details at Judit.stoica@kmtrust.com and as well on the landing page, a link

*the activities offered by the estate (i.e. bear watching, massage, etc) are not part of the current program but can be chosen at will.

Sponsorships:

Sponsorships are to be discussed on a company need basis as they will be customized on the value for the company.

Please send us your interest for sponsorship at execdev@kmtrust.com

1-2 sponsors' workshops might be added in the leisure time, for whoever wants to attend.

* The fees are exclusive of VAT.

* or RON/USD equivalent

PRE-REGISTER HERE:

By the moment the landing page on <https://www.kmtrust.com/service/new-open-executive-programs-in-co-delivery-with-top-business-schools-faculty> is finalized (estimated Feb 14 the latest), to reserve your seat Pre-register on execdev@kmtrust.com with Cc to Judit.stoica@kmtrust.com