

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 that delivers truly practical lessons.



JOSHUA OIGARA, GROUP MD, KCB GROUP

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



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.



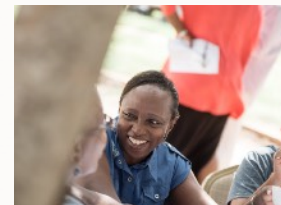
CAROL MUSYOKA, FOUNDER, CAROL MUSYOKA CONSULTING

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



ANNE MUTAHI, FORMER CHAIR, STANDARD CHARTERED KENYA

Several light-bulb moments on so many fronts!



HOPE MURERA, CEO, ZEP-RE (PTA)

Humbling and exciting! I feel privileged but also a bit scared...I must play big now!



EDWARD KIRATHE, CEO, ACORN HOLDINGS

Fantastic sequencing! FFWD has started me on a new journey & taught me a new way to lead.



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.



ABEL MUNDA, MD, LIBERTY LIFE KENYA
I am leaving a different person, with renewed energy to change how I lead - even how I live.



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



DR ROBIN KIBUKA, CHAIR, STANDARD CHARTERED, UGANDA
A great journey, really well thought through. Great - I wouldn't change anything!



JEENAL SHAH, DIRECTOR, AUTOEXPRESS 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 WARURU, 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, CEO, GINA DIN GROUP
This programme allowed me to look in the mirror and realise that I'm OK and I'm not alone. Thank you.

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Sunwords



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

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



**JOE MUGANDA, CEO, VIVO
ENERGY KENYA**

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



**DEBBIE LINDSAY,
SENIOR VP, SBM BANK KENYA**

Most amazing journey I have ever been on - such fantastic people met, and a truly unforgettable experience!



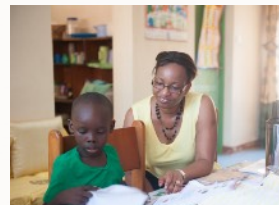
**DENNIS AWORI, CHAIR,
TOYOTA KENYA**

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



**ANDREW KILONZO,
DIRECTOR SALES, EABL**

Priceless! A real awakening...I have a real set of life tools to put me on a path to purpose.



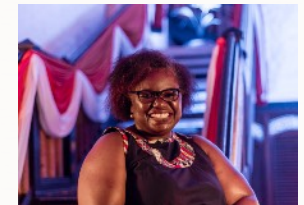
**SUSAN MOCHACHE, PS
HEALTH, GOK**

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!



**UDUAK AMIMO, MEDIA &
COMMS CONSULTANT**

Immense! My heart was full from the breadth and depth of the learnings, interactions and relationships built.