

# 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, MD, KENYA BREWERIES LTD**

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



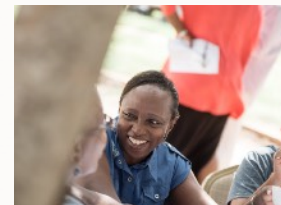
**CAROL MUSYOKA, FOUNDER, CAROL MUSYOKA CONSULTING**

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



**ANNE MUTAHI, SME ADVISOR TO THE PRESIDENT OF KENYA**

Several lightbulb 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, NCBA 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.



**ANDRÉ DU PLESSIS,  
HEAD OF CHINA,  
STANDARD BANK GROUP**

You have messed with my mind and now I am ready to try something bigger!



**LORNA IRUNGU-MACHARIA  
(LATE), FORMER 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, FORMER  
CEO, VIVO ENERGY KENYA**

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



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

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



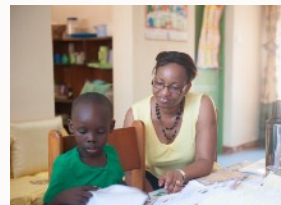
**DENNIS AWORI, CHAIR,  
CFAO/TOYOTA KENYA**

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



**ANDREW KILONZO,  
MD DIAGEO ETHIOPIA**

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.