

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,
FORMER GROUP MD, KCB**

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.



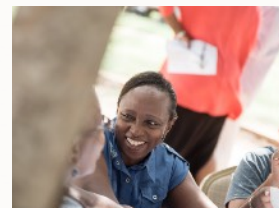
**CAROL MUSYOKA, FOUNDER,
CAROL MUSYOKA CONSULTING**

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



**MARION GATHOGA-
MWANGI, DIRECTOR,
AFRICA OXYGEN**

A true blessing—I can move forward with decisions that have plagued me for long!



**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.



PHILIP LOPOKOIYIT, CEO, ICEALION HOLDINGS

Simplicity delivered! Woven with powerful leadership lessons—a necessary pit stop in my leadership journey.



NIVI SHARMA, CEO, BRIDGES TO PROSPERITY

I cannot thank you enough –you've changed how I see my business, employees and customers.



DR ROBIN KIBUKA, FORMER CHAIR, UGANDA BUREAU OF STATISTICS

A great journey, really well thought through. Great—I wouldn't change anything!



JEENAL SHAH, DIRECTOR, AUTOXPRESS 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!



JOE MUGANDA, FORMER CEO, VIVO ENERGY KENYA

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



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.



ANDRÉ DU PLESSIS, HEAD OF CHINA, STANDARD BANK GROUP

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

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Sunwords



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

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



**KARIUKI NGARI, CEO,
STANCHART KENYA & EA**

A great journey. I hope I enriched my fellow participants as much as they enriched me.



**TAMARA COOK, CEO,
FSD KENYA**

FFWD came at an ideal time in my leadership journey—I had just become a CEO, during a global pandemic! I learned most from the wisdom of others.



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

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



**ANDREW KILONZO,
MD, UGANDA BREWERIES**

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!



LINA GITHUKA, MD, KWAL

The style was refreshingly different from any leadership programme I have experienced. A rewarding journey.