

# 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.



**ARTHUR OGINGA, GROUP CEO, OLD MUTUAL EA**  
100 years of lived leadership experience—in a few days! Best leadership training I have ever attended.



**YI LI, MD, FARMWORKS**  
The most thoughtful leadership programme you will ever be part of.



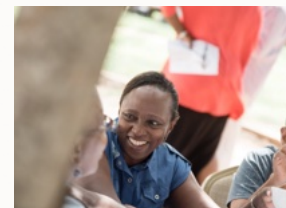
**JOHN MUSUNGA, CEO, DIAGEO SW&C AFRICA**  
FFWD allowed me to pause in my leadership journey & reflect. The programme remoulded me for the better.



**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 G MWANGI, CEO, STANDARD GROUP**  
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!



**KIHARA MAINA, GROUP CEO, I&M BANK**  
A big thank you for the careful selection—the opportunity to learn from my team was very rewarding.



**SUNDEEP RAICHURA, CEO, ZAMARA GROUP**  
Not a normal leadership programme—you need to experience it to appreciate it. Profound but simple learnings to treasure for life.

# THE FAST FORWARD EXPERIENCE

## East Africa's Premier Leadership Development Programme



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 LOPOKOIYT,  
CEO, ICEA LION GROUP**  
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 organization, team and impact.



**DR ROBIN KIBUKA,  
FORMER CHAIR, UGANDA  
BUREAU OF STATISTICS**  
A great journey, really well thought through. 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!



**JOHN OHAGA SC,  
MANAGING PARTNER,  
TRIPLEOKLAW**  
Brilliant learning, simple teaching, rich group activity and dynamics.



**NJERI JOMO, CEO,  
JUBILEE HEALTH INSURANCE**  
An experiential, self-disruptive programme with life-changing networks. Deeply enriching, left me inspired to be more.



**ANDRÉ DU PLESSIS,  
HEAD OF CHINA,  
STANDARD BANK GROUP**  
You have messed with my mind and now I am ready to try something bigger!

# THE FAST FORWARD EXPERIENCE

## East Africa's Premier Leadership Development Programme



**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.



**ISABELA MAGANGA, CEO,  
EQUITY BANK TANZANIA**  
I have found a new  
perspective on leaders,  
leading, and leadership.  
Simple but in-depth!



**CRISPIN ACHOLA, MD,  
BAT E&S AFRICA CLUSTER**  
There are many leadership  
trainings out there, but the  
FFWD flavour is practical  
and implementable.



**LINA GITHUKA, MD, KWAL**  
The style was refreshingly  
different from any leadership  
programme I have  
experienced. A rewarding  
journey.