IPI Academy

MANAGEMENT forum

Presented by
Management Forum

The Leading Note: Clare Hole with 'Pulling Together: Lessons from International Rowing and Dressage'

Recorded on **16 May 25**

By comparing the unique demands of dressage and rowing, this talk will discuss resilience, setting actionable goals and building a cohesive team though clear communication and shared values.

Format:
Recorded webcast

CPD:
1 hours for your records

Certificate of completion

Overview

This FREE session will cover lessons learned from elite sport in both individual and team sports, breaking down the skills that drive success and exploring how these techniques can be applied to build high-performing cultures in professional and personal settings. By comparing the unique demands of dressage and rowing, this talk will discuss techniques for setting actionable goals and building a cohesive team though clear communication and shared values. It will also explore the strategies for performing under pressure and building resilience, using flexible and adaptive thinking to excel in changing environments.

Benefits of attending

- **How** to create a high-performing culture
- **Look** at building a cohesive team and working collaboratively to achieve a common goal
- **Explore** goal-setting techniques to drive personal and professional development
- **Understand** performance under pressure and building resilience

Who should attend?

This talk will be of interest to anyone looking to improve the performance of themselves and their team, with skills being introduced that will be of use in your personal life too.

Presenter

Clare Hole

Clare Hole is a Cambridge University graduate with 11 years of experience in elite sport across Dressage and Rowing. Between 2013-2021, she competed at over 20 international competitions for Youth and Senior GB Dressage teams from ages 11 to 20, winning team gold at the 2015 Youth European Championships. She then took up rowing at Cambridge University where she spent 3 years as part of the Cambridge University Boat Club rowing alongside World and Olympic champions and was part of the winning the 2024 Oxford-Cambridge Boat Race. She has extensive experience in both team and individual sports as both an athlete and in leadership, including experience with effective goal-setting, coaching and management of media and sponsors. Besides sport, Clare also has a BA in Natural Sciences (Psychology, Neuroscience and Behaviour) and an MPhil in Epidemiology and is currently a Scientist at Genomics plc.

Course date

16 May 25	**Recorded webcast** 12:00-13:00 **UK (London)** (UTC+01) *Course code 15516*

How to book

Online:
ipi.academy/3157

Alternatively contact us to book, or if you have any queries:

Email:
info@ipiacademy.com

Phone:
+44 (0)20 7749 4749

Discounts

- Booking more than one delegate on any one date qualifies for a **30% discount** on the second and subsequent places.
- Most events qualify for an **early booking discount** prior to 6 weeks before the course date. Be sure to check on our website, where the latest discounts will be shown.

Further information

Fee
The fee includes all meals and refreshments for the duration of the course (for venue-based courses) and a complete set of course materials (provided electronically). If you have any particular requirements, please advise customer services when booking.

Please note
IPI Academy (and our training partners) reserve the right to change the content and timing of the programme, the speakers, the date and venue due to reasons beyond their control. In the unlikely event that the course is cancelled, we will refund the registration fee and disclaim any further liability.

Terms and conditions
The rest of the our terms, the event cancellation policy and the terms and conditions are on our website, please visit ipi.academy/content/terms-and-conditions

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IPI Academy

IPI Academy is a training initiative of Falconbury and Management Forum; leading providers of industry training for over 30 years, based in the UK.

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