

FUTURE LEADERS

An 18-month leader development programme for a group of future world leading scientists

www.kineticpd.co.uk

CHALLENGE

The SENTINEL programme, a leading research initiative in single-entity electrochemistry, sought to empower 15 Early Stage Researchers (ESRs) with key skills beyond their technical expertise in science. The goal was to help them develop leadership, resilience, confidence and teamwork—skills that would enhance their performance now and prepare them for future careers as world-class scientists and entrepreneurs.

SOLUTION

Kinetic PD designed and delivered a bespoke mindset training programme for the ESRs, drawing from elite sport performance and high-performing business practices. The programme was structured around the #MoreThanMedals attitudes—developed through research commissioned by the Dame Kelly Holmes Trust—which highlight the world-class mindsets necessary for success.

The programme also included psychometric assessments (Thomas International PPA) for each ESR, with opportunities for 1:1 debriefs to help participants understand their workplace behaviours. Pre- and post-session resources were provided to extend learning and reinforce key concepts.

RESULTS

Kinetic PD successfully equipped the SENTINEL PhD students with crucial skills they can use throughout their careers. The programme not only enhanced their personal effectiveness but also strengthened team collaboration across the group of ESRs.

By focusing on mindset development, we empowered the ESRs to apply principles of confidence, resilience and teamwork in their research roles, ultimately positioning them as future leaders in their field.



AT A GLANCE

CHALLENGES

- Internationally dispersed team
- Building resilience
- Improving leadership skills

KEY OUTCOMES

- Increased confidence & resilience
- Improved teamwork
- Mindset tools for future leadership



PAOLO ACTIS

Associate Professor, University of Leeds

"Kinetic has provided our PhD students with invaluable skills beyond their scientific expertise. The sessions were engaging, fun and delivered in a way that truly resonated with our researchers. The mindset tools they learned will serve them well throughout their careers."

We help organisations perform at a higher level by embedding the psychology of elite sport in their teams



How we work

We deliver along four strands, and create 6 -12 month bespoke training packages blending all these four streams:

Workshops - We deliver virtual and face-to-face programmes through interactive workshops. Each delegate is provided with further learning materials after each session.

Coaching - Both within the team and wider network we have access to a number of qualified coaches who have also competed at the highest level in sport.

Keynotes - we can provide speakers to cover a range of topics for keynote speeches for events or conferences.

Psychometric testing – We are certified practitioners of the Thomas International and Discovery Insights self-awareness tools.

Scenario-based training

Our work is designed to be laser-focussed on our clients' outcomes. We want to immerse ourselves in your industry and organisation, understanding the challenges and opportunities, to ensure training is targeted and relevant.

High-performers from sport and business

All the Kinetic team have performed at a high level, whether that's in the corporate world or Olympic Games. They bring that real-world experience to our training.

Contact Us

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