

THE FOUNDING
MEMBERS GROUP

THE LEARNING PHYSIOTHERAPIST

COURSE
PROGRAMME

#LEARNANDGIVEBACK

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*The Learning
Physiotherapist*

ABOUT TLP

A LAUNCHPAD TO IDENTIFYING AND IMPROVING YOUR SOFT SKILLS

The Learning Physiotherapist is an online mentorship, learning and networking platform that will bring like minded ambitious physiotherapists together on a journey of self development and growth.

The course will run across 12 months and here's what you can expect:

On a monthly basis you will receive the following:

- 2 x Core Lesson Masterclass
- 2 x TLP Community Workshops facilitated by TLP team & Mentors
- 1 x Self-Directed Learning Journal
- 1 x Summary Workbook

Each month you will enjoy a specific topic facilitated by a world renowned mentor in the fields of physiotherapy, sports medicine and healthcare. The lesson will be recorded and delivered on demand so you can engage at a time that suits your learning best. You will be tasked with determining the most important aspects of the lesson that resonated with you individually.

During the month, there will be two TLP community networking and learning workshops where you will share, interact, challenge, and support your peers through an online Zoom interactive. These will aim to promote sharing of stories, lessons and learnings from the core lesson and harness collaboration to create actionable, impactful and value driven outcomes for attendees.

The self directed journals will be in PDF format and require some introspective work on your behalf. You will explore your own identity biases and soft skills in order to create a toolkit to improve your individual skill set.

Additional content such as articles, podcast links, books, and learning resources will be provided each month.

We can't wait to share and learn with you all!

WHO WE ARE

DAVID CLANCY MSC BSC



David is a successful and experienced chartered physiotherapist with clinical, consultation, pitch side and research experience in diverse settings. He has significant sports medicine practice with high-performance culture, professional athlete and non-athlete populations using evidence-based methods, accompanied by strong international research ties in industry and academia. He has worked with Isokinetic Medical Group in Harley St., London – and in professional soccer, rugby, and private practice. He is the European Head of Medical Care and Performance Services for the Brooklyn Nets and the San Antonio Spurs of the NBA. He has had a research position in Royal College Surgeons Ireland and is currently a faculty member and external lecturer for Florida International University (USA). He has had articles published in peer-reviewed sports medicine publications, presented at international conferences. David is passionate about all things high performance, learning and on-going development. David is the founder and director of Hauora Ltd., a company based in Dublin that focuses on optimising whole person wellbeing for the corporate sector. He is the founder and co-host of the podcast 'Sleep Eat Perform Repeat', which focuses on high performance – and the stories, learnings, and lessons in that field. David writes regularly and has had opinion articles published in The Times (UK) and The Limerick Leader. David is an alumnus of Common Purpose. He is happily married and has two children. He lives in Dublin, Ireland.

CIARAN DUNNE MSC BSC

Ciaran is an advanced physiotherapist specialising in MSK, sports medicine, orthopaedics and major trauma. He has an extensive background and experience in inpatient and outpatient physiotherapy care. He has excelled in a range of settings from Orthopaedic Team Lead in the NHS, to acting senior physiotherapist in leading Private Hospitals in Ireland and in sports medicine physiotherapy with an array of professional teams in the UK including English Premier League clubs. He utilises strong deduction and reasoning skills, evidence-based medicine and research to inform his practice. He has a particular interest in behaviour change and management - currently completing a post graduate programme in Leadership for education, sport and business to add value to all his clients. Ciaran has experience in elite sporting level both as an inter-county football player and a clinician. Both of which has afforded him insights into the demands and cultures of high performance sporting environments. Ciaran recently completed the GPA Madden Leadership programme in association with Maynooth University. Ciaran is a co-founder of Hauora and co-hosts 'Sleep Eat Perform Repeat'. He lives in Dublin, Ireland with his family.



OUR SHARED GOALS

- 1 Create a mission-led community of students and mentors - with a similar shared value system**
- 2 Identify and optimise soft skills for each individual**
- 3 Develop a consistent practice of reflection, better professional habits, and in-turn self awareness**
- 4 Create and nurture relationships**
- 5 Spark curiosity and an aligned shared knowledge**
- 6 Help facilitate career choice, open career doors, and bring coherence to career direction and goals**
- 7 Support medical research and charities for Down syndrome, Cancer, IBS and mental health issues**

This is about YOU and YOUR learning journey!

'LEARN THE SOFT SKILLS THAT MAKE ALL THE DIFFERENCE'

LEARN AND GIVE BACK

Support medical research & charities!

This non profit organisation will provide support in areas such as Cancer care/research, Down Syndrome, IBS and mental health support services.

Your monthly membership will go towards operational cost of the platform and to a designated charity.

This is an opportunity to give back & pay-it-forward.

#learnandgiveback



*'BE THE FOREVER STUDENT, A CONSTANT LEARNER,
NEVER A MASTER'*

WHY TLP?

The Learning Physiotherapist is a unique platform designed to create a collective learning experience for you as a physiotherapist.

This course will give you three main benefits.

- 1** It will give you access to a diverse network of high performing, successful and enthusiastic leaders in physiotherapy, sports medicine, sports physiotherapy, physiotherapy publishing, and many other areas of our profession. These mentors will share physiotherapy courses, physiotherapy training, knowledge, insights, and stories from their experiences on video - and attend online workshops to further embed principles and thoughts from their sessions. You will be able to learn from these individuals and ask them questions – talk to them, build your physiotherapy network and open career doors.
- 2** It will help identify, shape and amplify your soft skills - capabilities that are vital to be successful as physiotherapists and in life such as patience, motivation, leadership, empathy, emotional intelligence, communication, decision-making, problem solving amongst others... all key ingredients to serve our patients and clients well.
- 3** You will be part of an online community of physiotherapists (students, and mentors) – a space to ask questions, distil learnings, share thoughts, communicate openly and network. There will be an online active and engaging forum to connect with other members about physiotherapy aspects – such as physiotherapy training, physiotherapy courses, innovation in sports physiotherapy and sports medicine, physiotherapy learning resources, podcasts, books, resources, and everything else that is relevant and applicable.

'BE CURIOUS, LISTEN ACTIVELY AND ASK MORE QUESTIONS'

WHAT WILL I LEARN?

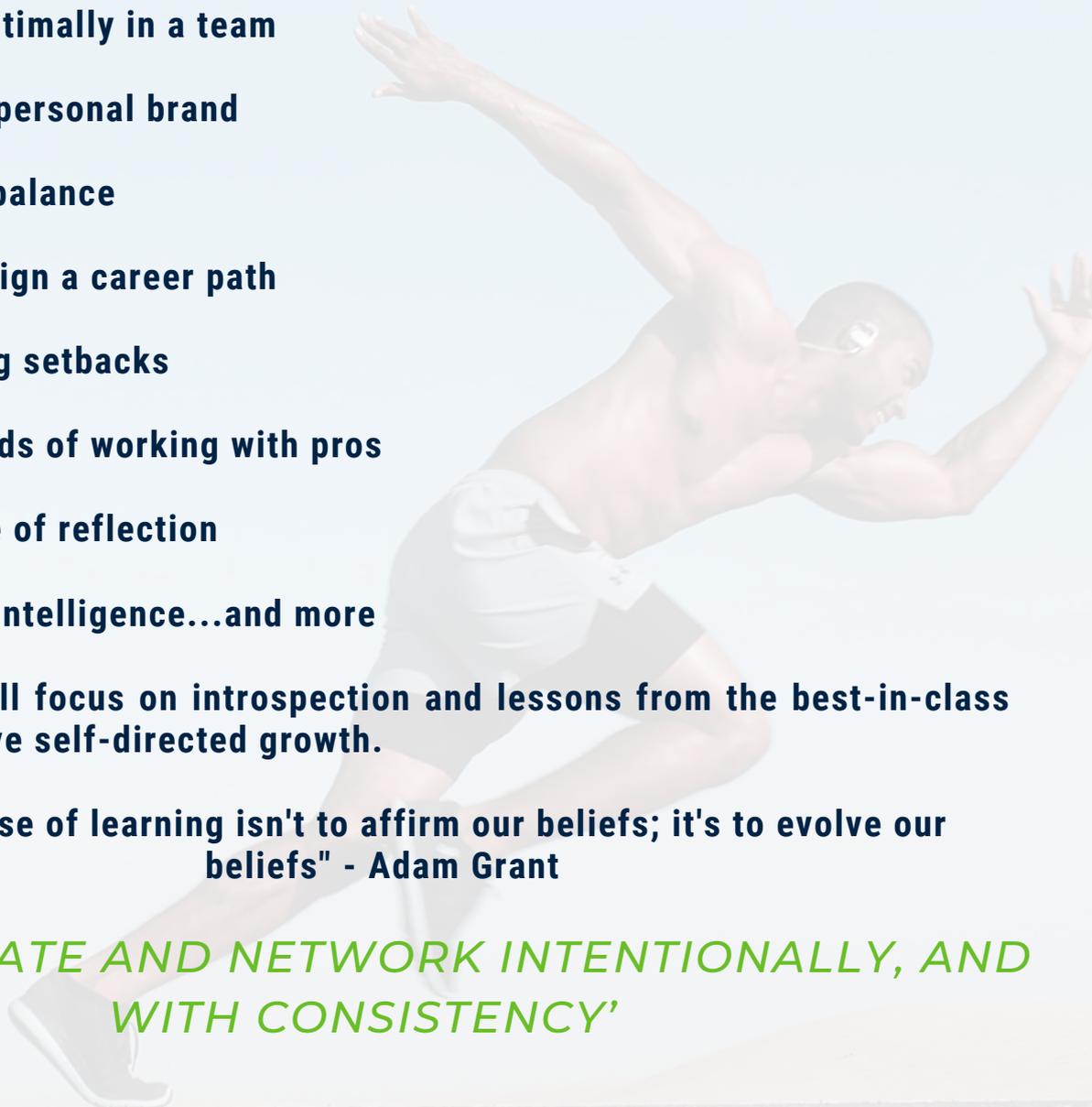
There will be 26 key videos shared by our mentors (focused on soft skills, and life lessons)...ignited with group + reflective practice.

- Effective communication
- How mistakes can be the building blocks for success
- Identifying personal values
- Building self awareness
- Working optimally in a team
- Building a personal brand
- Work: life balance
- How to design a career path
- Overcoming setbacks
- The demands of working with pros
- Importance of reflection
- Emotional intelligence...and more

This course will focus on introspection and lessons from the best-in-class to drive positive self-directed growth.

"The purpose of learning isn't to affirm our beliefs; it's to evolve our beliefs" - Adam Grant

'COMMUNICATE AND NETWORK INTENTIONALLY, AND WITH CONSISTENCY'



MEET OUR MENTORS



AMY ARUNDALE PHD

*Physical Therapist,
Biomechanist and peer reviewed
author*

BACKGROUND



MARCO A. NUNEZ

*Sports Medicine ATC & Human
Movement Specialist*

BACKGROUND



EMMANUEL OVOLA

*Specialist Physiotherapist,
Nike Running Coach &
Community Leader*

BACKGROUND



'BUILD BETTER HABITS'

*The Learning
Physiotherapist*

MEET OUR MENTORS



DR JEFF KONIN

*Clinical Professor, Researcher,
Physical Therapist & Athletic
Therapist*

BACKGROUND



MARITA MARSHALL

*Clinic Director at
Physiotherapy & Optimal
Performance Services*

BACKGROUND



GRANT DOWNIE OBE

*Consultant in medical &
performance solutions for
elite sport and industry*

BACKGROUND



MEET OUR MENTORS



ROB MADDEN

Physiotherapist, Performance and Strength & Conditioning Coach

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STEFANIA RIZZO

Director of Performance Rehabilitation at Brooklyn Nets

BACKGROUND



DAVID COSGRAVE

Head of Physical Performance at F.C. København

BACKGROUND



MEET OUR MENTORS



JAMES ALLEN

*Head Physiotherapist at
Dublin GAA & Old Belvedere
Rugby Club*

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BENOY MATHEW

*Advanced Practice
Physiotherapist, MSK
Sonographer, Shockwave
Specialist NHS & Private Practice*

BACKGROUND



AEDIN KENNEDY

*Sports Physiotherapist with
S&C background. Formerly
Cirque du Soleil & Royal Ballet*

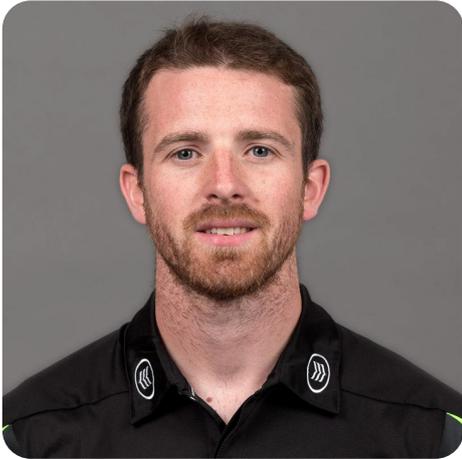
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*'SHARE YOUR INSIGHTS
AND LESSONS'*

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COLM COAKLEY

*Sports Medicine & MSK
Physiotherapist in Elite Sport &
Private Practice*

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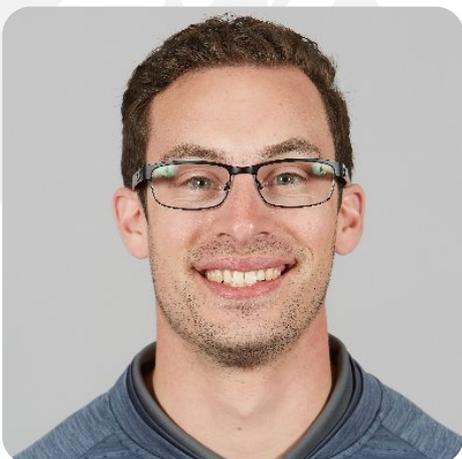


Dr. Alison Gimaldi
PHYSIOTHERAPIST, RESEARCHER & EDUCATOR

NICK WORTH

*Physiotherapist at
Health Education England and
Tutor Sports Expert Witness*

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JEREMY HARRIS

*Physical Therapist at
Cleveland Indians*

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PITT
Physical
Therapy

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NICOL VAN DYK

Injury Surveillance and Medical Research Officer at IRFU

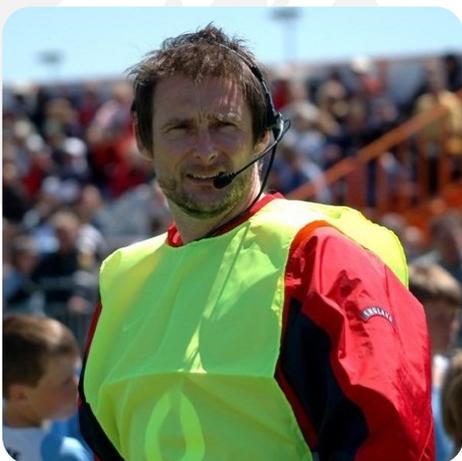
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BJSM **ASPETAR**
سپتار

DR STUART PORTER

Lecturer in Physiotherapy at University of Salford and peer reviewed author

BACKGROUND



DR IAN HORSLEY

Consultant Physiotherapist in elite sports

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**'CREATE AND NURTURE
RELATIONSHIPS'**

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FEDERICO PICCHETTI

*Specialist Sports Physiotherapist
at A.S. Livorno Calcio*

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**ISOKINETIC
MEDICAL GROUP**

DIMITRI VASTENAVONDT

*Football Rehabilitation
Consultant and Physiotherapist
with Club Brugge*

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WAYNE DIESEL

*Director of Player Care with
San Antonio Spurs*

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MEET OUR MENTORS



PAUL NESS

*Director of Medical Services
and Senior Physiotherapist
at ATP Tour*

BACKGROUND



PAUL MCGINLEY

*Performance and Sports
Medicine Expert*

BACKGROUND

CIRQUE DU SOLEIL



ANA MALI MSC

*Head Physiotherapist and S&C
with Slovenian National Alpine Ski
Team*

BACKGROUND



Smučarska Zveza Slovenije
Ski Association of Slovenia



MEET OUR MENTORS



DARREN FINNEGAN

*Performance Physio
and Co-Director at ProHealth
Physio*

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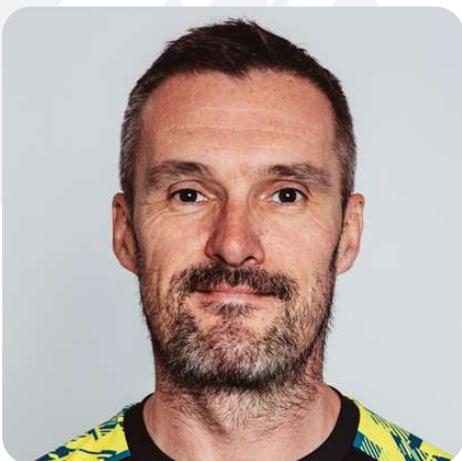
LUDOVICA GAGLIARDI

*Specialist Physiotherapist &
Placement Co-ordinator at
Isokinetic London*

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**ISOKINETIC
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STEVE HARD

*Head Physiotherapist at
AFC Bournemouth*

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JOHNNY OWENS

Director Clinical Education at Owens Recovery Science, clinical researcher for advancements in military medicine

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NICK ROLNICK

The Human Performance Mechanic & Founder of BFR Pros

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JACOPO MATTAINI

Advanced Physiotherapist at Hospital for Special Surgery New York

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FRANK BENEDETTO

*Doctor of Physical Therapy,
Multiple business owner
and coach*

BACKGROUND

UFC

KEVIN MULHOLLAND

*Lead Performance & Injury
Prevention Physiotherapist*

BACKGROUND



A COMMUNITY - TO LEARN, CONNECT AND GIVE BACK.

**Thank you for enrolling to
The Founding Members Group.**

You have taken the first step on your journey to a more enriched, skilled and wholesome career.



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