

## Mayer Brown NextGen Round-up | Spring 2019

From learning about elite military influencing techniques, to applying Olympic-level skills to our hectic workplaces – it has been a great start to 2019 for Mayer Brown NextGen...

...and we have so much more to come this year.

### 2019 - The story so far...

#### 28 February: Applied Influence Group

Together with a small group of clients, Mayer Brown NextGen joined Applied Influence Group ("AIG") for an exclusive day of training at the Imperial War Museum.

AIG are a team of current and former military elite influencers who developed their expertise in the most high-stakes and extreme environments, successfully influencing entrenched mind-sets, organisations and communities on military intelligence operations around the globe.

In a day filled with practical workshops and exercises, AIG taught us their methodology of elite influence, which can be applied in the everyday business challenges that we all face.



APPLIED  
INFLUENCE  
GROUP



#### 14 March: An evening with British Olympic medallist Leon Taylor



*"The key to performing consistently at your best is to know that you simply cannot overlook your personal wellness and that you have to take responsibility for this.... It isn't rocket science and sounds obvious but statistically it has been proven that if we are not in a state of wellness then our ability to access the right state of mind to operate at a high level is completely compromised."*

Leon Taylor

We were delighted to invite British Olympic medallist, Leon Taylor, to speak at our second major event focussing on wellness as a foundation for all those working in a high-pressure environment. High-performing workplaces invariably create high-pressure environments but how do you prevent that pressure from turning into chronic stress?

Having spent 30 years in high-performance sport, first as an Olympic athlete and now as a coach and mentor, Leon is no stranger to stress and its ability to help and hinder performance. Leon's captivating talk offered a unique insight into the intense world of high-performance sport, and the lessons that can be applied to our everyday roles and routines.

### What's next for NextGen in 2019?

#### 10 July: NextGen Summer Party at the Courthouse Hotel, Shoreditch



With summer on the horizon, what better way to celebrate than with a rooftop party to kick off the summer with drinks, food and entertainment.

We look forward to welcoming you to the Courthouse Hotel, Shoreditch on 10 July.

To RSVP, please click [HERE](#)

#### Autumn: Paths to Leadership

Later this year, we will be hosting an evening with industry leading senior representatives from our clients.

During the discussion, the panel will focus and reflect on their journeys to leadership roles, the challenges they faced and the skills necessary to thrive on the pathway to senior positions.

We will be hosting the event at our offices, where we look forward to welcoming you to our new event space.

Details and invites to follow in the coming weeks.



#### December: Christmas drinks

There are only 224 days until Christmas, so please make space in your festive diaries and join us for a glass of mulled wine and a mince pie (or two!) at our Christmas drinks event.

Details and invites to follow in the autumn.

### Stay connected with Mayer Brown NextGen

Thank you for your continued support of Mayer Brown NextGen.

We would love to hear your ideas for future events and workshops, so please connect with us on LinkedIn or contact us directly.

