

THE LEADERSHIP EXPERIENCE THAT CHANGES EVERYTHING



Equipping leaders to thrive through alignment in
the 4 core areas of life.

29th April 2025 | Hilton Kensington, London, UK

ARE YOU LEADING AT YOUR BEST?

- ✔ Do you often feel exhausted at the end of the day?
- ✔ Do you feel like you're constantly pushing but not truly thriving?
- ✔ Do you sense there's more for you as a leader, but you're not sure how to access it?

If you nodded **yes** to any of these, you're not alone.

Recent studies show that:

- **72% of leaders often feel “used up” by the end of the day** — a dramatic increase from just a few years ago.
- **65% of leaders experience burnout symptoms**, leading to disengagement, lower performance, and team instability.
- **Burnout increases the risk of losing top talent**, with disengaged employees being **2.6 times more likely to seek a new job**.

But here's the truth: You don't have to be part of that statistic.

IMAGINE LEADING WITH MORE CLARITY, ENERGY, AND CONFIDENCE THAN EVER BEFORE.

What if you could:

- Wake up every day with a renewed sense of purpose and impact?
- Lead with energy rather than exhaustion?
- Unlock your full potential without burning out?

THAT'S EXACTLY WHAT YOU'LL EXPERIENCE AT CORE 2025

WHY CORE 2025?

This isn't just another leadership conference. It's an immersive experience designed to help you break free from survival mode and step into leadership excellence.



At **CORE 2025**, you will:

- ✓ **Gain clarity** on what it truly means to lead from your CORE
- ✓ **Discover actionable strategies** to elevate your leadership in real time
- ✓ **Be part of a thriving network** of ambitious, purpose-driven leaders
- ✓ **Leave with momentum** and a clear roadmap to elevate your leadership and life in 2025 and beyond

WHAT MAKES CORE 2025 DIFFERENT?

CORE 2025 is built on a new standard of leadership — one that goes beyond titles and strategies. We focus on alignment across four key areas: **personal, relational, professional, and spiritual**. Because when you thrive in these core areas, everything changes.

This is more than a conference — it's a growing community of purpose-driven leaders.



EVENT SCHEDULE

MORNING SESSIONS

8:30 – 9:00 AM: Registration & Networking

Kickstart your day with welcome refreshments and meaningful connections

9:00 – 9:15 AM: Scene-Setting Intro (Peju “The Spark” Abuchi)

Title: The Essence of The CORE Leader

9:15 – 9:55 AM: Keynote 1 – Personal Core (Obi Abuchi)

Topic: Reprogramming Your Inner Narrative: Unlocking Personal Mastery

9:55 – 10:25 AM: Panel Discussion – Personal Core

Topic: Why the Personal Core is the Foundation of Leadership

10:45 – 11:25 AM: Keynote 2 – Relational Core (Ronke Kokoruwe)

Topic: The Power of Connection: Elevating Leadership Through Relationships

11:25 – 11:45 AM: Interactive Group Experience – Movement & Energy

11:45 AM – 12:25 PM: Keynote 3 – Professional Core (Jarmila Yu)

Topic: Flow State Leadership: Thriving in Uncertainty

AFTERNOON SESSIONS

1:25 – 2:10 PM: Breakout Sessions

Choose from three tailored sessions:

- Breakout 1 – Personal Transformation: Building a Resilient Core (Sandy Willoughby)
- Breakout 2 – Relational Mastery: Elevating Teams Through Emotional Intelligence (Sarah Meisinger)
- Breakout 3 – Visionary Leadership: Navigating Disruption with Purpose (Perry Timms)

2:30 – 3:10 PM: Keynote 4 – Spiritual Core (Toye Oshunbiyi)

Topic: The Purpose-Driven Leader: Tapping into Your Spiritual Intelligence

3:30 – 4:15 PM: Panel Discussion – Holistic Leadership

Topic: The Holistic Leader: Integrating Personal, Relational, Professional, and Spiritual Cores

4:15 – 4:30 PM: Closing Remarks (Obi Abuchi)

Topic: Continuing the Journey: Leading from Your Core Beyond the Conference



Obi Abuchi
CEO, CORE Leaders
International



Peju Abuchi
Director, CORE Leaders
International



Bevis Allen
Youth & Sport Manager,
Mayor of London



Robert Baker
CEO, Potentia
Talent Consulting



Ian Joseph
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Ronke Kokoruwe
Founder, iVerbalize



Dwight Lawrence
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Sarah Meisinger
Performance Coach,
Police Now



Bola Ogundeji
Director, London Legacy
Development Corp



Marlon Oliver
SVP, Flexera



Eniye Oshunbiyi
Leadership Coach, Business
Leaders Coach



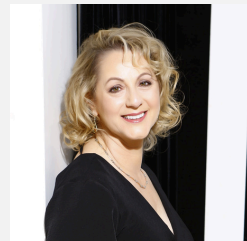
Toyee Oshunbiyi
CEO, Business Leaders
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Jasmine Perera
Head of rpc UK



Perry Timms
CEO, People and
Transformational HR



Sandy Willoughby
Head of Learning,
The Maverick Group



Jarmila Yu
MD, YUnique
Marketing

MEET THE SPEAKERS AND PANELISTS



JOIN A GROWING GLOBAL COMMUNITY OF PURPOSE-DRIVEN LEADERS.

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Register now:

www.coreleaders.co.uk/core2025

£299+VAT per person

