

TEAMING UP TO DRIVE OUT DEMENTIA: TRAINING

Race Against Dementia (RAD) funds and trains ground-breaking, early career researchers, accelerating progress towards a cure. As part of the Teaming Up To Drive Out Dementia initiative with Rosetrees, RAD will offer a pioneering training package, inspired by the high-performance culture found in Formula 1.

Every Formula 1 race must be met with precision and intelligence from a team of diverse talents. From race strategy to intricate mechanics, each team has a relentless drive to succeed, collaborating to reach a technological pinnacle. And win.

The training is centred around **teamwork, innovation, resilience** and **detail**. RAD believes these values deliver results in the laboratory as well as on the racetrack. Such training may be particularly useful for less experienced members of the research team.

1. Structured training

Teaming up to drive out dementia teams will be offered:

- **Performance coaching**, including a programme with the world-leading coaching company, Hintsia, to determine how to achieve high performance. We guide our researchers to understand and adapt their lifestyle habits (nutrition, exercise and sleep) to help them meet – and stretch – their ambitions.
- **Personal style and leadership** training to determine and leverage strengths across the team. We want to develop high potential research talents to create disciplined frameworks and a shared sense of purpose within their team.
- **Core skills** such as presentation techniques, networking, grant applications, budgets, project management. We guide researchers as they scale their work – more funding, growing teams, more exposure. It's a platform, and we give our researchers the confidence to exploit it.
- **Talks from inspirational thinkers** and talent from the motorsport, automotive, bioscience and high technology industries. These are offered throughout the programme and during an annual in-person training event for all RAD backed researchers.

2. Industry collaboration

Industrial collaborations show what pace of change is possible for teams with the right mindset. RAD researchers gain first-hand exposure to innovative organisations like Red Bull, McLaren and Dyson. There may be opportunities to go on factory tours, visit technology or medical research centres, support fundraising events or attend a Grand Prix.

3. Mentoring

Raw talent can be fast-tracked to greater success with mentoring. RAD will match researchers on this initiative with supportive mentors from Formula 1, broader industry and professional services. The goal is to provide an alternative perspective from beyond the medical research world.

WE EXIST TO FIND A CURE - JOIN THE RACE