

# PETE MCKNIGHT

An experienced Non-Executive Director with a portfolio career across multiple Board positions since 2009, developing an array of skills in corporate governance, influence, agility, growth facilitation, change management, strategic thinking and restructuring of boards and senior executive teams. Previously Chairman of the Board of Directors for the UK Strength & Conditioning Association (UKSCA). Held a variety of leadership or board positions in business, church and charities.

Expert in Human Performance, wellbeing, and leadership, consulting with C-suite executives and management teams in Fortune 500 companies. Extensive experience dealing with high-end customers. Delivered across a broad spectrum of business operations including revenue & budget management, people management structures, and talent acquisition.

Excellent communicator, influencer and negotiator allowing the ability to deliver across any industry looking for positive transformation and change management.



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## Strengths, skills and competencies

- Dynamic leadership.
- Change management.
- Restructuring of management teams.
- Problem solving & strategic thinking.
- Relationship building & team building
- Innovation strategy (growing market share/profits through product & service innovation).
- Adaptability & bringing clarity in the face of ambiguity.
- Collaboration.
- Communication to large or small audiences.
- Thorough & efficient research skills.
- Efficient & effective work practises.

## Notable Publications & Awards

### First ever published academic research in Formula 1

(Journal of Science & Medicine in Sport – September 2019)

### Honorary Fellow of the UK Strength & Conditioning Association

Awarded to those who have made extraordinary contributions to the organisation and the industry as a whole (June 2019)

## Recent Roles & Responsibilities

### UK Strength & Conditioning Association – Chairman of the Board

(2009-2013 Board Director, 2013-2018 Chairman)

Brought strategic leadership to the body that owns the Strength & Conditioning Accreditation in the UK and is the largest education provider. Led project teams that enabled the growth and development of the organisation, maintained CPD, provided education and training courses and the publishing of a quarterly academic and coaching Journal. Liaised with professional clubs, national governing bodies and National Institutes of Sport to continually improve and develop standards of practice. Guided the organisation through the toughest time since its inception, carrying out an auditing process leading to improvements in corporate governance and transparency. Restructured of the Board of directors and a realignment of organisation operations and individual's roles, with a refocussing on the organisations aims and objectives. Reinvestment of funds facilitated growth and expansion into new markets. Organisation grew in number and turnover, and the UKSCA influenced a whole industry which benefitted from the policies that it put in place, particularly those around recruitment of coaches, unpaid internships, and coach salaries.

### Connect Annecy Association – Co-founder & Vice Chair of the Board

(2013-2018)

Co-founded the organisation and established a Board of directors. Worked closely with the Chair to create a highly functional and efficient Board which provided support and education for its members. Established a senior management team. Played a key role in vision and strategy, as well as making key financial decisions and bringing a set of values that the organisation agreed to operate by. Positive transformation around engaging a broader cross-section of society, particularly young people, by keeping it current. Ensured affiliation to the appropriate bodies and set-up the appropriate governance and policies to ensure legal, safe and efficient operations. The organisation continues to grow and thrive today.

### Connect Care Association – Co-founder & Vice Chair of the Board

(2015-2018)

Co-founded and established a Board to enable the work of the Charity - supporting and providing help to the marginalised in society. Established an effective, safe and passionate working environment for the Charity's vision to be outworked and grow and reach new areas of society and communities that are most in need of transformation.

## Current Positions

### Director of Coaching & Sports Science – Hintsa Performance

As a senior member of the leadership of the sports business, Pete leads a team of 40+ coaches.

Creating world leading innovative and evidence-based solutions to high performance amongst the world's best athletes through physical training, psychology, sleep & recovery, nutrition, biomechanics and medical provision for general health.

## Education Highlights

**BSc (Hons)** Physics, PE & Sports Science | Loughborough University (2001)

**PhD**, Physiological & Psychological characteristics of elite motorsports drivers | Michigan State University (expected 2020)