There was a time, not that long ago, when the very thought of taking an inexperienced group on a corporate team building exercise at sea would have been a definite no!

Apart from the obvious fear of individuals suffering sea sickness. The very idea of being trapped on a boat for the day, possibly with your peers or worse your boss, where there is no obvious escape was something to be seriously avoided, especially for any team building or incentive activity.

However things have moved on, and there are now many companies offering carefully designed sailing experiences for motivation and personal fulfillment. And a day or few days sailing can now provide a superb experience while at the same time allow individuals to learn a lot about themselves.

**So what can you get from a sailing experience?**

Well everyone is different. Some just want to do something a little risky, others a leap outside their comfort zone. Whilst many just want to learn a new skill.

Whatever the objective it is important for individuals to have and know their own personal reasons for doing the activity – what do they want to get from the experience?
The and only then are they ready to enjoy their own adventure …..

- Develop communication skills.
- Understand value as a team member.
- Appreciate other the value of others and what they have to contribute.
- Conquer personal fears.
- Discover and develop skill sets i.e. leader, Influencer, doer.
- Experience something different, maybe outside person comfort zone.
- Learn new skill.

**Back On Dry Line**

Once back on dry land it is important to know how to apply what has been learnt to their normal day-to-day or work life:

- Identify how you can apply your new skill sets
- Apply values to your workplace.
- Confront your fears.
- Look at other ways to do things that give you a new experience.

‘Everyone’ on board and I do mean everyone – experienced sailors and novices, have some reason for being there. Part of the process of this ‘adventure’ is to discover what your reasons are and to achieve your fulfillment expectations – if you do this you will really enjoy the experience, learn a new skill and make new friends along the way.

Though careful thought and consideration needs to be given to both how the activity is run and how it is sold to participants in advance…..

**Its not all Plain Sailing ….. !**

My Experience on Excellence II, a 57 foot sailing yacht with ‘some’ comforts you might expect in a quality hotel including 3 double on-suite berths and plenty of communal cabin space – good for those pre voyage briefings and team lunches. The boat is fully equipped with the latest in nautical technology, powered winches, Sat Nav and safety equipment and can even be controlled remotely using a handset - which as the skipper demonstrated when teaching has the same effect as dual controls a learner driver might use.

The boat is owned and skippered by Pete Coxon, an Educational Psychologist with a good understanding of both corporate/ individual needs and expectations. There
are few team talks, only the necessary safety briefing and discussion on where the boat will be heading – after this its all about individual discovery:

Excellence II – Cockpit View

A Eureka Moment

*Providing Creative Solutions To Business Objectives*

T : +44 1373 473091  
Mb : +44 7775 595943  
Email : miketravers@aeurekamoment.co.uk  
Web : www.aeurekament.com

© copyright 2016 Michael Travers