

## Leadership and Teamwork

Sailing is quite simply the most effective sport at facilitating teambuilding and training. It encompasses all the key ingredients of good teamwork; planning, motivation, delegation, leadership and communication.

We can provide a motivational, experiential leadership and team development training programme, developed by an outstanding team from the 2004-5 Global Challenge; the World's Toughest Round-the-World Yacht Race. Members of the team leverage the skills and expertise acquired during the year-long challenge and apply them respectfully and intelligently to business situations.

Working with Alex Alley and Paula Reid we offer teams, managers and leaders tailor-made days or half-days which can include sailing, motivational speaking and interactive breakout sessions based on core competencies and real scenarios.

### Alex Alley

- 13 years sales management and training experience
- Lead teams in some of the world's most extreme environments
- Motivational speaker, Facilitator and Trainer
- Professional sailor who has raced at national & international level
- Commercial yacht skipper and instructor with 100,000 miles experience

### Paula Reid

- 16 years of communication, training and corporate event experience
- Trainer in Innovation, Leadership, Management & Team performance
- Core crew in Global Challenge Round the World yacht race
- 'Paddled' 500 miles in dugouts in Cambodia and Nicaragua

### Alpha Yachting

- 14 years running Corporate Sailing days and Solent based events
- 'Matched' yachts and RIB's
- Shore based Conference facilities, catering and accomodation