



Sail Northern Ireland  
The Marina, Carrickfergus  
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Owner and Skipper  
Dee Neill, RYA Yachtmaster

### **Sail Northern Ireland offers a new concept in team development.**

Step aboard the "Kuta of Carrick" a luxury 43ft Elan Impression with exceptional seaworthiness and supreme comfort where our experienced, professionally qualified crew will make your team building event a memorable one.

Sailing provides the ultimate opportunity to develop employee interaction and improve customer relationships. Sailing a boat safely and competently involves teamwork, planning, preparation, communication, building self confidence and bonding together all the key elements of a successful organisation.

### **Leadership   Accountability   Responsibility   Teamwork**

Your team will learn about the yacht, will learn to sail, but most importantly they will learn about the dynamics of their team. Free from the constraints of organisational culture, participants can develop the skills that make teams and leaders more effective. Our programmes emphasise safety, while being exciting and effective. The learning comes from practical application as opposed to classroom theory. An action packed focus day involves:

- Operating in different and challenging circumstances.
- Effective communication; active listening and constructive feed back.
- Weather, navigation, rescues , planning a voyage,
- Radio communication, provisioning, catering.

### **Encouraging individuals and teams to reach their full potential.**

At Sail N.I. we realise that not every group needs or wants an intense results focused programme, but sometimes just spending time together doing something fun, challenging and new, results in bonding which is beneficial in building relationships. Therefore, we provide tailor made programmes to suit your specific needs, working with professional training organisations to address any additional corporate training requirements. Our programmes are suitable for all ages and levels of fitness.

See overleaf for Programme details >

## The Programmes

### **Full day: Max 7 Min 5 delegates Cost £850+vat - includes refreshments**

**Duration: 7 hours - 9.30 am to 4.30 pm**

Welcome and introduction to yachting, safety brief and parts of the yacht

Basics of sailing and roles on board the yacht

Overview of the day's activities

Leave the marina for sailing

As with the two day course the focus will be on sailing training/team building as each person take their turn on each job on the yacht from helming to trimming the sails.

**Lunch:** Drop anchor and enjoy a hearty seafarers lunch.

**Afternoon:** Exercises in compass reading, navigation and man overboard drill. Sail back to Port.

**4pm:** Back to the Carrickfergus Marina for debrief with questions and answers.

### **2 Day: Max 6 delegates: Cost £1600+vat - includes refreshments**

**Day One: As per full day**

**Evening:** Tie up for the night in a new port. Go ashore for a meal and relax with tales of a day's sailing behind you.

**Day Two: Up with the lark for early breakfast to catch the tide**

**Morning:** Exercises, chart reading, passage planning and knot technique. Seafarers lunch.

**Afternoon:** Safety at sea avoiding collision, understanding tides.

**4pm:** Back to the Carrickfergus Marina for debrief with questions and answers.

All delegates will be required to fill in assessment sheets at the end of each course which will be returned to your company with a Sail NI evaluation of delegate participation.

Sail Northern Ireland will lease the yacht to charities for fund raising events and also operate a full luxury charter service for corporate entertaining.

If you think that sailing is right for your organisation please get in touch with myself. I will be pleased to discuss over the telephone or call with you to talk through a tailor made programme.

*Dee Neill*