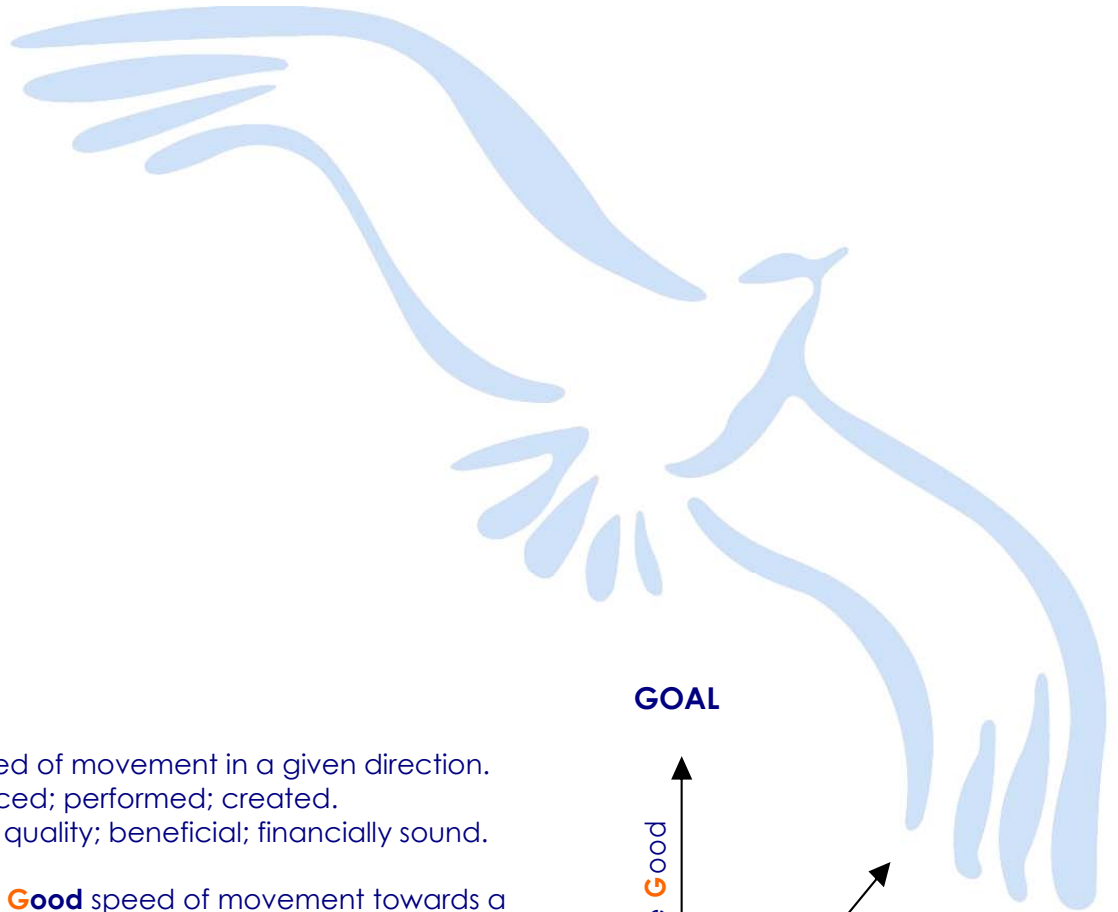


V.M.G. – Velocity Made Good

How much have you achieved that is *on course*?



V.M.G.

Velocity *n* speed of movement in a given direction.

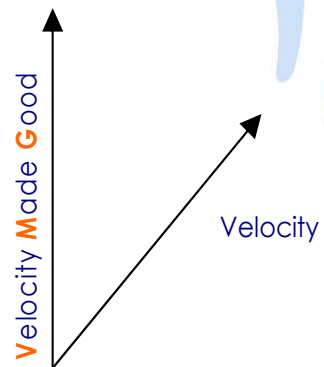
Made *v* produced; performed; created.

Good *adj* high quality; beneficial; financially sound.

Velocity Made Good speed of movement towards a goal, performed for the benefit of the race or business.

Antonym: wasted effort and time going the wrong way.

GOAL



A motivational, experiential leadership and team development training programme

V.M.G. – Velocity Made Good

How much have you achieved that is *on course*?



'Velocity Made Good – How much have you achieved that is *on course*?' – is 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.

V.M.G. offers 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.

Benefits in booking **V.M.G.** include:

- Genuine, recent, tough, global challenge experience
- Strong and interesting team story, which made the national papers
- 30 years senior business experience to draw from, including sales, business management and effective communications
- Team building, coaching, consultancy and facilitation expertise
- Combined 110,000 miles sailing experience including Southern Oceans, Cape Horn & professional racing
- Motivational Speaking



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How much have you achieved that is *on course*?

Three Sample Agendas*

*Each programme is tailor made to meet client objectives

1 Day Sailing and Training

- 0900 Meet at boat. Breakfast. Briefing
- 1000 Sailing & Team Building
- 1300 Lunch on board. Debrief. Transfer to venue
- 1430 Motivational Talk on the Global Challenge 2004-5 RTW Yacht Race
- 1515 Q&A & Coffee
- 1545 3 x 30 minute breakout sessions (see Menu)
- 1715 Summary & Close

1 Day Leadership Workout

- 0900 Welcome & Housekeeping
- 0920 Motivational Talk on the Global Challenge
- 1020 Icebreaker
- 1030 Session A *e.g. High Performance*
- 1130 Coffee
- 1200 Session B *e.g. Crisis Management*
- 1300 Lunch
- 1400 Session C *e.g. Strategy & Planning*
- 1500 Session D *e.g. Self-Assurance*
- 1600 Finale, summary & close

½ Day Motivation and Team Development

- 0900 Welcome & Housekeeping
- 0920 Motivational Talk on the Global Challenge
- 1020 Icebreaker & Challenge Set
- 1030 Team Development breakout session
- 1115 Coffee
- 1130 Motivation breakout session
- 1215 Challenge Finale, Summary & Close
- 1300 Finish

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How much have you achieved that is *on course*?

Example Breakout Sessions

High Performance

A step up from Team Development, looking at how to sustain consistent high performance under pressure and in an extremely competitive environment.

Covering:

- Racing not cruising
- Controlling the controllables
- Focus, discipline, fitness, attitude
- Working to people's strengths
- Strength and maturity through adversity
- Challenge, Review, Improve

Motivation

Following the motivational speech and Q&A, this session gives advice and support on how to maintain motivation in a team or workplace using the 'pressure-cooker' experience gained from 18 strangers working in extreme conditions on a 72' foot racing yacht for eight weeks at sea. Covering:

- Vision & inspiration
- Relevant and meaningful work
- Delegation, ownership & involvement
- Inner and outer drivers
- Culture, attitudes & behaviours
- Humour

Menu of Breakout Sessions

- | | | |
|------------------------|--------------------------|-------------------|
| 1) Strategy & Planning | 4) Self-Assurance | 7) Leadership |
| 2) Crisis Management | 5) Team Development | 8) Motivation |
| 3) High Performance | 6) Working Relationships | 9) Communications |

Costs

All workshops are tailor-made in consultation with each client and in accordance with agreed objectives. **Example** costs are:

Sample Agenda 1 – 1 day Sailing & Training	£6,000
Sample Agenda 2 – 1 day Leadership Workout	£5,000
Sample Agenda 3 – ½ day Motivation & Team Development	£4,000

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