

BE READY FOR THE BOOM



**Take SDOC, make repairs, strengthen your rigging and re-shape your sails
Improve your ability to skipper your crew in uncharted waters**

When we are sailing along care-free, running with the wind and there is a sudden wind shift or a rogue wave, we need to be paying attention! There can be life-threatening consequences when we are complacent or not being mindful as we sail on into the future.

Sailors need to be ready for unexpected storms no matter how good the current forecast might be. Skippers need to know how to reef their sails when the winds become too strong for 'light-wind settings'. They need to be aware of safe harbours they can retreat to during a storm where they may need to baton down the hatches and wait for the sun to come out. During their time of retreat, boat crews will rest, make repairs and replenish supplies for continuing their journey when the time is right.

Cyclists protect themselves from the headwinds by waiting in the pack, before surging ahead again when conditions are more favourable. Those who use this rest, repair and renewal time wisely and are ready to act when the time is right, are more likely to emerge strongly from the pack.

***You will have wonderful surges forward. Then there must be a time of retreat,
rest, review and renewal before the next forward surge.
Accept this as part of the process and never be downhearted.***

Adapted from - Eileen Caddy

In September 1983 - Australia II, skippered by John Bertrand, won the America's Cup after 132 years of domination by American sailing crews. The Australians were 3-1 down in the best of seven final series but then won the last 3 races in a row, winning the Americas Cup against improbable odds. During their early losing streak and particularly over the final 3 races, the Australians weathered the storm of pressure from the American crew; the

intimidating scoreboard that threatened their confidence; and the nay-sayers in the world media who said it couldn't be done. After every race they repaired breakages, strengthened their areas of weakness, re-shaped their sails and worked on building a resilient and optimistic team-mindset. The Australian's used their rest days to continuously improve their boat but more importantly their team culture and processes. It was not the 'mystique of the winged-keel' (that in truth - was a blessing or a curse depending on the conditions), it was the strength of the crew who triumphed in the end, especially their commitment to self-improvement during the downtime between their racing efforts. In fact, most successful sports people will agree that **what you do and how you think during the space between your efforts in the arena, is just as important if not more so – especially when the inevitable storms come.**

As we begin to re-emerge from isolation and re-engage with our work teams and customers, there are some important questions to consider: How will we go about the process of preparation for the new conditions we find ourselves in? Will we carry on with old habits, past structures, 'proven processes' and patterns of thinking and behaving that were working before the storm hit (assuming they will be 'good enough' to meet the challenge)?; or will we take the time to: scan for weak points in our business model; build team resilience and agility; strengthen relationships; and create innovative ways of progressing forward in uncharted waters? These things don't happen by chance, they require us to pay attention!

Some are good at navigating rough seas and others need to tap into the experience of the grey-bearded, weather-beaten old skippers who love being out on the high-seas!

Free Spirit True North specialises in building team resilience and developing leaders who can lead teams in challenging terrain, using the following methodology:

1. **Providing experiential learning challenges** (indoor/outdoor) that help learners to gain strong insights into character traits and behaviours that contribute to personal and team resilience. Then through group discussion and coaching, to identify strengths and action plans for improvement in behaviour.
2. **Facilitating a review of existing business models & team culture,** using a 'SDOC Take' process (**S**trengths, **D**evelopment needs, **O**pportunities & **C**hallenges).
3. **Re-setting the Team Compass** (guiding principles and strategic direction)
Reviewing Team Agreements and processes for feedback and improvement.
4. **Assisting leaders and their teams to make innovative improvements** (reshape the sails), that will position them wisely for the next leg of the journey.

For assistance in facilitating workshops or retreats that will help your teams to strengthen their agility, resilience, team culture and strategic direction,

Please contact wayne@freespirittruenorth.com.au See more info below...

ABOUT THE AUTHOR

Wayne Enright and his partner Gabrielle are co-founders of Free Spirit True North Pty Ltd

Free Spirit True North is a South Australian company that specialises in experiential learning in the areas of leadership and team development, adventurous learning journeys and nature-based wellbeing programs. Wayne has guided 30+ groups across the Kokoda Track in Papua New Guinea and numerous remote adventures around the world over the last 15 years. He shares key lessons about leading teams in challenging terrain, drawing on his experiences in the wilderness, and his personal journey to overcome a speech disability which pushed him into uncharted waters.

Wayne is author of: ***The Spirit of Adventure Calls: A Compass for Life, Learning & Leadership***,

Wayne is a **keynote speaker on 'Leading Teams in Challenging Terrain' and 'Finding Your True North'**.