



The Sea moves you

**SIX MONTHS
OF COACHING
AND SUPERVISION**

A special offer
for personal support
to develop:

- Decisiveness
- Creativity
- Communication skills
- Assertiveness

 PELZER & AP





Mastering challenges responsibly



Mutual cooperation and service



Looking ahead

THE OCEAN ACTION LEARNING® (OAL) METHOD

Highly efficient and sustainable learning on board of sailing ships.

On a sailing ship, careful action must be taken at all times so that the crew can reach their destination safely and efficiently. Sometimes only a few act, often everyone has to lend a hand. With our many years of experience in leadership coaching, we turn the challenges on board into a learning process. After that, the participants are more confident and creative, keep an overview, make clear decisions in crises and care able to motivate their employees and colleagues optimally. The combination of Ocean Action Learning with online analysis guarantees the successful transfer of your experience on board into everyday business. The methods used are supported by the latest results from motivation research.

THE OCEAN ACTION LEARNING® PRINCIPLE

The four central brain systems for action control and the neurological effect:

Movement requirements increase the need for control of movement coordination by the right brain hemisphere. On the neurological level, this means that more energy is available for creativity, emotionality, intuition and the ability to experience.

left brain hemisphere

PLANNING OF ACTIONS

- Conscious thinking
- To plan
- Analyze
- Development of action steps
- Control over memory of intent

RESULTS CONTROL

- Detail-oriented perception
- Analyze and assign
- of the outcome of the action
- Failure analysis

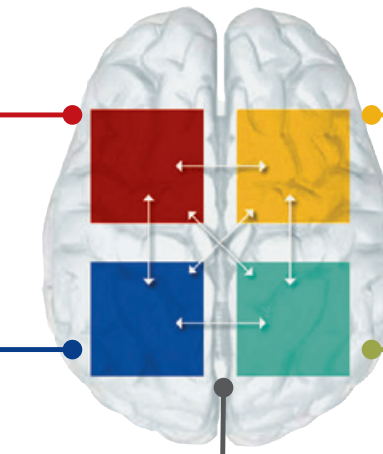
right brain hemisphere

GOAL SETTING AND UTILIZATION OF RESULTS

- Creative problem solving
- Brainstorming
- Processing the result feedback
- Taxes
- Coordinate and act from the overview

EXECUTION OF ACTIONS

- Automatic movement sequences
- Action execution
- Intuitive behavior control system
- Spontaneous implementation



- CORPUS CALLOSUM (BRAIN BAR)**
- Connection of the hemispheres and communication between the areas
 - Overcoming through feelings
 - Controlled by emotional intelligence

SEVEN STEPS INTO THE FUTURE WITH OAL



Sustainable changes are always based on relevant challenges:

1. With OAL we create a controllable environment for experiential learning that reflects your business challenges.
2. Based on systemic know-how, OAL works in manageable small groups for integral and holistic personality development.
3. Through permanent movement on the water, OAL creates a multi-sensory experience, neurologically stimulates brain activity and promotes intuition and creativity..
4. Mutual support and permanent mindfulness develop agility and resilience as well as positive and desired behavioral preferences.
5. In a demanding environment, OAL gives time and space to experience and reflect on complex psychological and sociological situations.
6. The consequences of complex decisions are experienced immediately, the sense of more complex relationships sharpened.
7. The challenges and experiences mastered with OAL can be sustainably integrated into everyday life using systemic methods and an integral approach.

**OUR OAL TRAINING IS AN INVESTMENT IN
YOUR MOST VALUABLE RESOURCE – YOU!!**

YOUR 4 COACHING STEPS DURING 6 MONTHS



1. OPPORTUNITY COMPASS WITH LUMINA® ANALYSIS

In preparation for the digital Lumina® online personality analysis we create a scientific basis for the change areas during the six-month coaching process.



2. LIVE INITIAL INTERVIEW WITH YOUR COACH

Personal start interview in the Hamburg Business Club with business lunch. Here we define development goals and agree to measure them at the end of the coaching period of six months.



3. 6 MONTHS OF COACHING AND SUPERVISION

Weekly video calls of 45 minutes during the coaching period: With digital training manual, video log book, written summary and recommendations.



4. CLOSING COACHING WITH OCEAN ACTION LEARNING

3 days aboard the Cruising Catamaran „Wind of Change“ in a premier marina along the ship's route. Single accommodation on board in 2 bed cabin including meals & beverage.

THE COACHES

During your six-month coaching, you will be supported by experienced coaches who have developed OCEAN ACTION LEARNING® and have been successfully using it in combination with other methods in coaching for years.



BERNHARD PELZER

Engineer and systemic coach
OAL coach with over 30 years of experience
He has many years of international experience as a business coach for executives and managers and accompanies teams and organizations. The Ocean Action Learning® method he developed combines neurological, sports-pedagogical and motivational psychological research results for the personality development and team intelligence of the participants.



PETRA PELZER

Communication and process designer,
yoga teacher, OAL coach since 1991
She coaches according to systemic methods and also based on her many years of experience as a yoga teacher. She integrates this wealth of experience into Ocean Action Learning®. As a coach, she supports her coachees in their personal and professional development with a focus on: personal goals, strengthening resilience and willpower as well as the integration of body and mind.

INFORMATION:



The six-month program of personal coaching combined with online analysis and Ocean Action Learning® is offered by Pelzer Associated Partners, Change Experts for over 25 years.

PLEASE ASK:



PELZER
Et Associated Partners
CHANGE EXPERTS

Pelzer & Associated Partners e.P.
Breckwoldtstrasse 2
(Entrance: Strandtreppe)
D-22587 Hamburg
Tel. +49 40 86 60 45-0
info@pelzer-ap.de
www.pelzer-ap.de



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