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Business Managers Set Sail on the Solent

Leadership training specialist Trayna UK is launching a new venture, Trayn4Synergy (www.trayn4synergy.co.uk), which takes the concept of yacht-based team-building days one step further. Joining forces with Synergy Sailing, it will offer small-to-medium businesses access to the kind of leadership and management development programme that is usually the preserve of larger corporations.

Via the Government's Train to Gain programme businesses can access a grant from the Leadership and Management Advisory service which could enable them to save 80 per cent of the cost to enrol on the workshop and yacht-based programme. All delegates that complete the course will benefit from the underpinning knowledge needed towards units for NVQ Level 4 management modules.

While the concept of yacht-based team days is not new, the Trayn4Synergy programme takes the concept one step further. Developed specifically with the small-to-medium sized business in mind, it involves four workshops that focus on the fundamental skills of management, leadership and communication within the workplace. Trayn4Synergy believes that what makes its programme different is giving delegates the challenge to put what they have learned into practice, spending a day supporting and leading fellow delegates on board a yacht in the Solent.

David Cruddace, Trayn4Synergy partner and owner of Synergy Sailing, said: "Although we want our delegates to have fun, we believe that the sailing element of Trayn4Synergy provides an excellent real world scenario for applying what has been studied in the workshop environment. The intention is that this staged approach will also help delegates to use more effectively what they have learnt when they return to the demands of their business."

Rayna Baker, Trayn4Synergy partner and managing director of Trayna UK, said: "This course is really for those small-to-medium businesses who want to take advantage of the level of training that is usually thought of as out of bounds for them and something that only large companies can afford to do. For the last six years,

Trayna UK's focus has been to work with smaller organisations and we believe that our collaboration with Synergy Sailing will create something truly unique in the Solent area."

Trayn4Synergy course detail www.trayn4synergy.com

The five day course is split across five months, to minimise disruption to the business, and covers essential topics including:

- . Developing strong leadership skills
- . Planning for business improvement and people development
- . Effective two-way communication and influencing skills
- . Dealing with under-performers
- . How to recruit and retain great staff
- . How to handle difficult people and deal with conflict
- . How to delegate, plan and manage time effectively

To consolidate delegates' new skills the programme includes a day's sailing on a 40 foot yacht in the Solent. This creates the opportunity to apply leadership, communications, delegation, management and planning skills.

Three months after completion the programme concludes with a one-to-one coaching session to help ensure lasting results.

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About Trayna UK

TRAYNA UK was formed in 2004, by Rayna Baker, who has worked over a number of years with small, medium and large organisations. Trayna UK provides a range of training opportunities that are lively, fun and that focus on people sharing and learning together.

Trayna UK is different as it understands how essential it is to ensure that 'good intentions' are actually implemented back in the workplace. It therefore adds value by providing ongoing coaching advice and encouragement for delegates to achieve outcomes as a result of their personal action plans.

About Synergy Sailing

Synergy Sailing provides a full range of yachting services. Its focus is to help businesses of all sizes to strengthen client relationships through corporate hospitality, as well as enhance their staff's performance through effective teambuilding.

For more information about Train to Gain visit www.traintogain.gov.uk

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