

New Book Presents Teambuilding Lessons Learned from Sailing the World's Most Dangerous Seas

NEW YORK, NY – September 1 (SEND2PRESS NEWSWIRE) – Great Capes Consulting (www.greatcapes.com) announces the publication of “Haul Away! Teambuilding Lessons from a Voyage Around Cape Horn”. The book presents lessons learned by author Rob Duncan from his experience of taking a break from his consulting and college teaching career in order to sign on as a deckhand on the Europa, a tall ship that was bound for Cape Horn, the most dangerous waters on the planet.



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An

amateur sailor at best, Mr. Duncan was overwhelmed at first by the more than 200 ropes that controlled the 24 sails on the century-old, 3-masted, 300-ton square-rigged sailing ship. By making plenty of mistakes, confronting his fears, and through patient and “impatient” coaching Rob became a better sailor. Along the way, the crew, a group of strangers at first, became a highly effective team over the course of the 75-day voyage.

Says Duncan: “I wrote the book after reflecting on how we – the crew – went from a being a group of strangers to becoming a good team, and ultimately a band of great friends. In the beginning, the only thing we had in common was the desire to round Cape Horn, which is considered the sailor’s Everest. The Cape has a famous reputation for huge seas and terrible conditions, and is

the graveyard of some 800 ships and 10,000 sailors. There are probably fewer than 500 living people who have sailed around Cape Horn on a square-rigged tall ship. Sailors who have rounded the Horn get to wear a gold earring in their left ear, so there is a lot of romance associated with this particular quest."

Some of the teambuilding lessons presented in the book include "seeing fear and indecision as normal and desirable," "gravitating toward the right people on a team," "setting a storm watch" and "when comfort becomes counterproductive."

The voyage was featured on CNN.com's "Sailing and surviving Cape Horn" and the accounts of the ship's progress and experiences can be accessed at www.cnn.com/2003/TRAVEL/DESTINATIONS/06/03/savvyt.tall.ship/

About the Book:

Title: "Haul Away! Teambuilding Lessons from a Voyage Around Cape Horn"

Author: Rob Duncan

ISBN: 1-4208-3032-5

Paperback, 120 pages, \$15.95

Available at Amazon and other book retailers

Author is available for readings/signings/interviews

About the Author:

Rob Duncan is a management consultant and college instructor, currently living in New York on a research sabbatical. Mr. Duncan holds a BA in Economics, an MBA, a Certificate in Leadership Coaching and the Certified Management Consultant designation. Rob's earlier account of the voyage was published in Pacific Yachting magazine. Having survived Cape Horn and earned his gold earring, Rob is content to putter around in the small sailboat he keeps in the Pacific Northwest.

About Great Capes Consulting:

Great Capes Consulting (www.greatcapes.com) was formed by Rob Duncan in 2003 in order to share the teambuilding lessons from his tall ship sailing experiences. Rob has presented numerous seminars, combining story and photographs, which have been very well received. Participants have said they felt inspired to take personal risks, and to work more effectively in teams.

Rob Duncan is available for speaking engagements and hands-on teambuilding consulting by contacting rob@greatcapes.com.

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