

Table of Contents

Table of Contents	3
Acknowledgement	5
who is the book for?	7
Why “leadership – the skipper model”?	9
Professionalism	18
Briefing	23
De-Briefing	24
setting an Example	25
The Responsibility of the leader	26
Leading a Team	27
Managing the Change	29
Devotion to the task	30
How Do You Teach Leadership?	32
Why a sailboat?	36
What kind of sailboat is best for training?	38
What will you need?	40
Who is the guide?	41
Where is it best to teach: in a boat or in a class? Locally or abroad?	43
Skipper qualification at the end of the course – yes or no?	46
Repetition	48
So, what does the course include?	49
Exercise: sailing theory – seamanship, machinery and navigation	51
Exercise: boarding – unplugging the power cord	54
Exercise: safety briefing	56
Exercise: briefing before leaving the dock	59
Exercise: leaving the dock	60
Exercise: navigating for leaving the marina	62
Exercise: stabilizing the boat outside the marina – in the open sea	63
Exercise: preparing for setting the sails	65

Exercise: setting the sails	66
Exercise: course keeping.....	68
Exercise: tacking.....	69
Exercise: Gybing	71
Exercise: reefing.....	72
Exercise: navigation devices	75
Exercise: managing problems and emergencies.....	77
Exercise: clearing the way.....	79
Exercise: preparing to Enter the marina	80
Exercise: operating the dinghy	81
Exercise: anchoring in a bay.....	82
Exercise: Mediterranean-style mooring	83
Exercise: planning and going on a full day sailing.....	86
Exercise: a man overboard.....	87
Giving feedback.....	88
Advantages and disadvantages of joining an additional guide.....	89
Additional Aids	90
Recommended places for training in Greece	91
Lefkada:.....	94
Meganisi.....	95
Scorpius.....	96
Kastos.....	96
Kalamos.....	98
Kefalonia	101
Ithaca	103
Zakynthos.....	106
For conclusion	108