

## NEPTUNE TEAM BUILDING

Rowing is the ultimate team sport, requiring coordination, communication, and mutual trust. It's a powerful metaphor for corporate teamwork.

Located on the scenic banks of the River Liffey, Neptune Rowing Club boasts a rich heritage in competitive rowing, offering an inspiring backdrop for your corporate event.



This one day immersive rowing experience, allows your team to be immersed in an inspiring environment, to get in to nature and to understand each other from a different perspective. This unique event promises not only to build stronger teams but also to inspire lasting change. Combined with a powerful masterclass from Gerry Hussey your team will be energized, motivated, and ready to excel.

Throughout the day the team will be empowered by learning about key high performance elements such as

- High performance communication
- Increased motivation
- Enhanced team Cohesion
- Build emotional resilience
- Greater team efficiency

Jerry Ussey
COACHING



## **OUR CLIENTS**





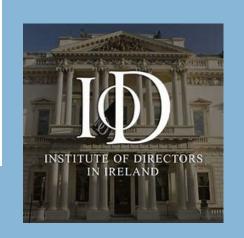
















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