



OK5

NAVIGATING SUCCESS

Sailing Towards Enhanced Team Dynamics and Customer Relations

Service Description

22.4.2024

An enriching and thrilling experience

Strengthening relations on the waters of Helsinki

We're excited to offer you an enriching and thrilling experience that seamlessly blends professional development and an exciting adventure. This is not just a day of team-building! It's a day of learning about team dynamics, trust, and psychological safety, thus supporting your team development and race towards new horizons.

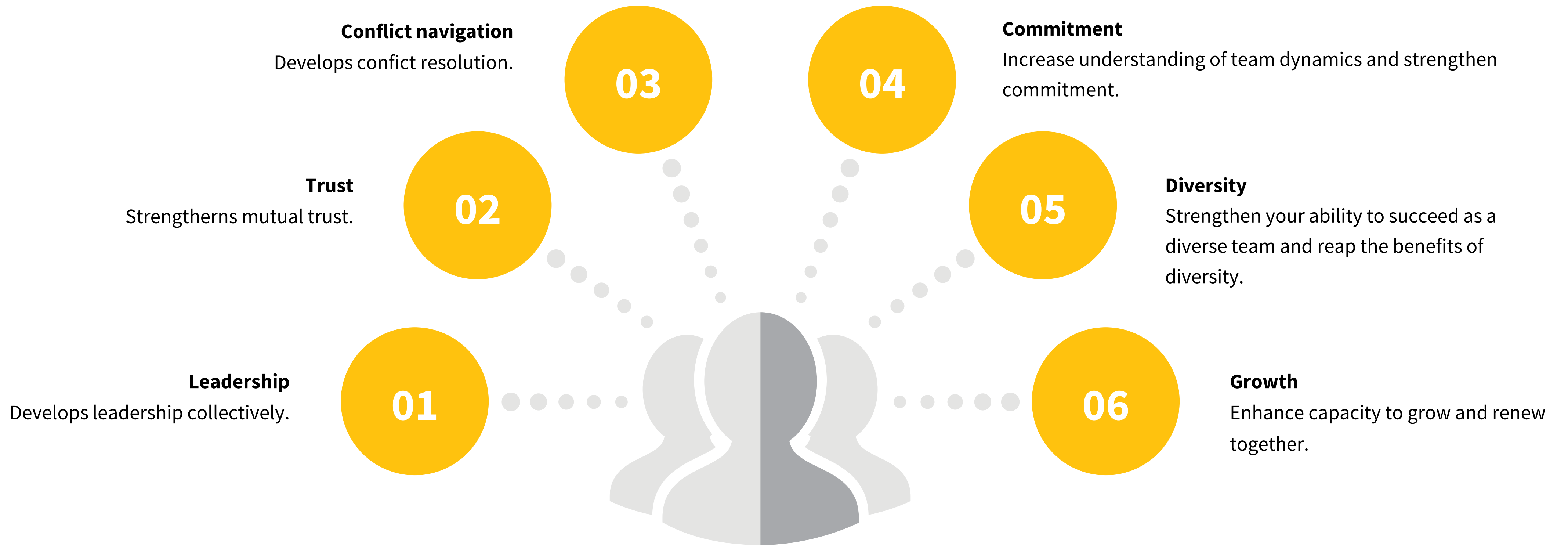
The day is suitable for all types of teams and no previous sailing experience is required.

If you wish, you can easily continue the evening with a sauna or dinner in the beautiful Helsinki archipelago.



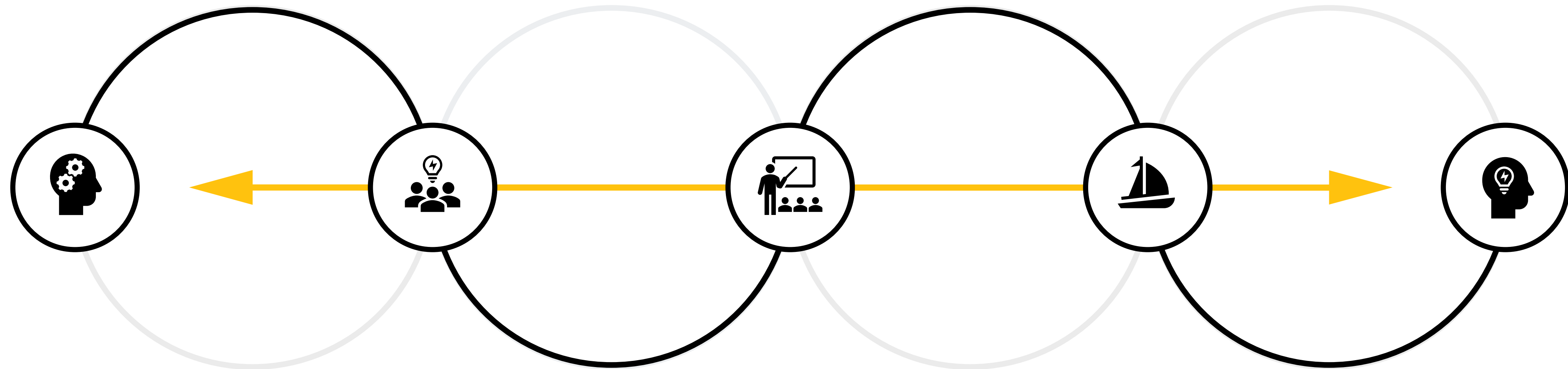
AN EFFECTIVE AND MEMORABLE DEVELOPMENT DAY

Stronger connectedness supports business as a whole



Course of the day, e.g. from 10-17 or 12-19

An inspiring and insightful journey



Preparatory exercise

A short, orientative reflection exercise for participants.

Team Coaching

Approx. 2h coaching to strengthen partnership.

Sailing basics

About 45min introduction to the basics of sailing. No previous sailing experience is required.

Sailing racing

Experiential application of training and lessons learned. Approximately 2h on two racing boats, 8-12 people in total. Boats with professional skippers and vests/equipment for all participants.

Reflecting together

Reflecting on the findings to help apply the learnings to daily life in the work community.

EXECUTIVE COACH

Kimmo Kääriä

A coaching professional with extensive experience of working with different organisations and cultures. Certified business, executive and team coach, and WorkPlace Big Five profiler.

Master of Business Administration with more than 15 years of experience in leadership and development roles in the public, private and organizational sectors. Experienced management consultant who has worked with leaders and teams ranging from start-ups to multinational listed corporations.

Extensive international experience, having lived on four continents. Finnish and English both native languages. National championship level racing sailor with sailing in his genes. Insightfully links the mechanics of business with the principles of a successful racing team, insightfully mirroring the similarities and differences between the two.

A founding partner of OK5 Oy, together with Ilona Rauhala and Ira Lange, among others. OK5 brought together top experts in psychology, A.I. and management to serve the development needs of leaders, management teams and executive coaches.

Mention of trainings and certifications:

- MSc. Econ., Management Systems
- Certified Team Coach, OK5
- Certified Executive Coach, BCI (Business Coaching Institute)
- Certified Business Coach, BCI (Business Coaching Institute)
- Certified WorkPlaceBig5 ja DISC profiler



Premise of partnership

PLANNING OF THE DAY

Always together with the client



Working together.

Thinking, discussing and doing together. The themes addressed will be linked to action, asking what this means for me personally, for us as a group and for the whole organisation as a culture.



Coaching style.

The mode of operation is coaching. That means we work together interactively and the coachees are active participants.



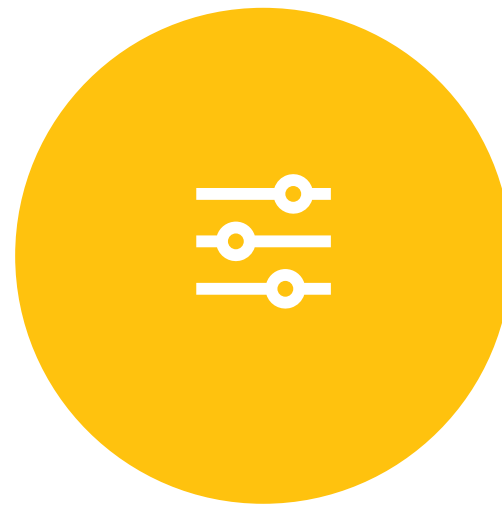
Client responsibilities.

Taking leadership, actively participating and inspiring others

Confidentiality

WORKING WITH OK5

Is always based on confidentiality



Adaptability.

The guiding principle is that coaching is always adapted to the needs of the client.



Responsibility.

OK5 is accountable for the work it does to the client organisation and the client, as well as to the individuals being coached. OK5 coaches strive to look after everyone's best interests.



Confidentiality.

The work is confidential and OK5 coaches are bound by secrecy and confidentiality.

OK5 coaches have numerous references from more than 20 years of experience in coaching people in the midst of change. References are available on request.

Let's connect

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Podcast

[Yhteyden ytimessä](#)