

# Cresswell Walker

## INSPIRES!

## ENGAGES!

## MOTIVATES!



Sail7Cs talks are a fun way to learn how to get 'off the dock' and into the voyage of success.

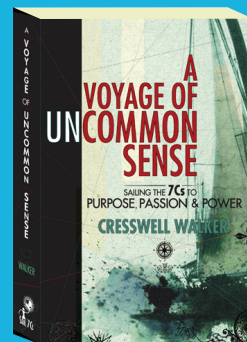
**Approach** I am a story teller and an educator. My stories of adventure and mis-adventure are sometimes funny and sometimes poignant, but always powerful and inspiring. People get my ideas; they are messages to the head and heart. Our time together is a blend of concepts, experiences and reflections. People get involved, have fun and learn.

**Topics** Sail7Cs are a strategy framework for personal and professional excellence. As a set of universal values and practices, I adapt the 7Cs to each audience:

- Leadership: The Hero's Journey of our Time
- Work-Life Balance: Not a Problem to be Solved but a Polarity to be Managed
- Making Meaning: Life is a Daring Adventure... or Nothing
- Research: Adventures in Discovery of the New World
- Sales Teams: A Values Based Approach
- Self-Leadership and Organisational Engagement: Aligning Values and Talent

**Bio** Cresswell is an Adult Educator, MA, specialising in work place learning and change, with 10 years experience as an executive coach and corporate trainer. He is also a sailor, pilot and outdoorsman. In 40 years, he has sailed over 40,000 nautical miles around the world, just this year, sailing from Singapore to Cape Town in **s.v. Conversations**, his 15 metre yacht. He is on a mission to work and sail his way around the world inspiring and coaching people to personal and professional greatness.

[www.sail7cs.com](http://www.sail7cs.com)



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**CRESSWELL WALKER**  
has a lifetime of  
experience behind  
teaching the  
**UNCOMMON**  
**SENSE** of getting what  
you **REALLY** want.



*"Personal, professional and business success stand on 7 pillars of strength. I call them the "7Cs". I want to show you how to put them to use - at school, at home, and at work."*

