



## OCC Mentoring



### 1. What is OCC Mentoring?

At its simplest, OCC Mentoring involves an experienced person (the Mentor) supporting a less experienced person in developing his/her knowledge, skills and competence to achieve growth and take on new challenges.

Consequently, it could apply to people at the start of a cruising experience as well as to cruisers with some experience seeking new challenges. It can also mean both a formal programme and more informal mentoring. The relationship between an OCC Mentor and a participants can be long-term but does not have to be.

OCC Mentoring is free and tailored to your needs. We match experienced cruisers with the relevant knowledge, experience and skills to the aspects of cruising where you feel the need for further support.

### 2. Who can participate and benefit from OCC Mentoring?

OCC Mentoring is available to all Full and Associate Members.

Examples of where the benefits of OCC Mentoring can be seen include:

- **Starting out** – clearly there are different levels of ‘starting out’: there are many folks who wish to buy a long-distance cruising boat and sail off across oceans, living the dream but have limited ocean knowledge and experience. Some people are in a relationship where the partner/spouse is reluctant for a variety of reasons that may include for example lack of knowledge, self-confidence, or confidence in their partner/spouse; fear of the oceans; fear of the weather; or anxiety about separation from family.
- **Sailing without company** - such as moving from rallies or sailing with crew to solo cruising; similar issues of knowledge, skills and confidence can cause some cruisers to hesitate.
- **Single-handing** – some cruisers may not start out single-handing and may be faced with circumstances that mean either severely restricted sailing or carrying on alone; the club has many single-handed sailors and recognises single-handing achievements so there is a wealth of knowledge and experience that can be shared.
- **Sailing in new and challenging waters and weather** – for some, the next ocean is a great mystery with severe challenges and risks, and again the provision of knowledge, support and encouragement can enable Members to take the next step.
- **Visiting remote locations** – are there any places on the planet that have not been visited by sea by OCC Members? The range and depth of experience

available from OCC Members is unparalleled; for example, anyone contemplating cruising high latitudes would clearly benefit from the support, assistance and encouragement of someone who had done it.

OCC Members have been there and done it, and an OCC Mentor is able to help Associates and Full Members to take next steps.

### **3. Benefits for Participants**

Simply, the benefits are to succeed at something challenging that you have not done before, and the topics on which OCC Mentors can provide support include:

- Preparing a boat for ocean cruising, especially for relevant weather and conditions;
- Understanding and dealing with the mental and emotional challenges of cruising;
- Developing the confidence for a change in cruising areas and conditions;
- Developing navigation, seamanship and technical knowledge, skills and competence;
- Dealing with regulations and laws in new cruising areas;
- Cruising with children;
- Maintaining physical health and dealing with medical issues;
- Ensuring safe and secure cruising;
- Weather forecasting and routing;
- Boat maintenance and repairs;
- Hauling out and laying-up;
- Provisioning, eating and drinking;
- Costs and budgeting;
- Culture and customs of places to visit;
- Communications;
- Management of home shore matters and issues;
- AND MUCH MORE ....

### **4. How do I/we get started with an OCC Mentor(s)?**

OCC Mentoring has essentially three forms with the prospects of moving between them:

1. The OCC Forum provides an excellent platform for asking questions and seeking information, this can lead on to a more engaged relationship with another member(s) if desired;

2. A list of Mentors is in the Members Area (with information about their experience, knowledge and skills) for Members to contact themselves and set up their own arrangements;
3. The OCC Mentoring Administrator can be contacted setting out an idea of what support is being sought and a request for suggested Mentors. The contact email address is in the Members area of the website.

## **5. How do I/we work with an OCC Mentor(s)**

The most important requirements are:

- to want to do something different that is challenging; and or
- to want to improve your knowledge, skills and competence; and
- to have an open mind.

The key skill for the Participant is to be prepared to learn – mentoring works best if the Participant is receptive to the suggestions and advice of the Mentor, rather than entering into a knowledge competition. After all the Mentor is the experienced adviser.

Communication with Mentors can be by email, telephone, Skype or in person. Support will continue while you and the Mentor may be aboard and cruising.

Support materials are available for both Mentors and Participants in the Member area of the OCC website. If you are joining as an Associate with a view to benefiting from OCC Mentoring you will be able to access these materials once your Membership has been approved.

It is important to note that the responsibility for a vessel and its crew always rests with the owners/skipper, who should not rely on any single source of information and advice and who will always remain solely responsible for the safety of their boat and crew. The Ocean Cruising Club is not responsible for any adverse results from participating in OCC Mentoring.

Contact: [mentoring@oceancruisingclub.org](mailto:mentoring@oceancruisingclub.org)