

Oarsome results

You could be forgiven for thinking the life of a retired Olympian is all about enjoying once-guilty pleasures. But in the case of Australian rowing great Bo Hansen, that couldn't be further from the truth.

WORDS KURT SANDERS

Four-time Olympian and three-time bronze medallist Bo Hansen seems to be just as busy out of the boat as he was in it. However, the 34-year-old father of two hasn't been too far removed from the sport in his retirement, instead choosing to project all of his seasoned knowledge from rowing into his corporate team building program, Team 8.

The Team 8 program gets corporate workers out of the office and into boats for a full day of team building and leadership skills training. It aims to teach team members about the strengths and limitations of others, and endeavours to ensure participants achieve a deeper understanding of their own abilities.

Hansen says rowing is a true team sport in every sense of the word, and relies heavily on team members working together to get the best results. "The essence of rowing demands high performance, where the sum of what each individual puts in should equal more than their original efforts," he says. "This translates

perfectly to the corporate world and links back to each person's workplace, hopefully improving them as a team and as individuals."

Hansen says a day at Team 8 starts around 7.30am, and is aimed at being completely different to a typical business day. Participants are shown around the club and then have team warm-ups to get switched-on for the day ahead. They then work on rowing techniques and understanding the ergonomics that go into the vital elements of their teamwork.

"It's about getting people out of their comfort zones and making them work and respond as teams," he explains. "If one person is struggling, it's up to the team to get them back on track and lend them the support and encouragement they need."

The program is accessible for most people, and is largely a mental challenge for participants. "It's not as physical as it is mental," adds Hansen. "It's largely a challenge to get people to minimise their distractions and focus on the task ahead. It really pushes them to understand why they want to be a part of their team." **1**



Bo Hansen's corporate team building program, Team 8



Bronze medallist Bo Hansen