

Captains Courageous History and Clients

The history of Captains Courageous is interwoven with the history of its founder, Martha Boston. In its formative years, Captains Courageous's work was simply an outgrowth and extension of Martha's other work, businesses and interests. Her education and experience begat the framework and skillsets for which Captains Courageous has become known. Here then is an abbreviated version of Martha's *curriculum vitae*, which is in essence the *curriculum vitae* of Captains Courageous.

MARTHA BOSTON

FACILITATING CONSULTING COACHING TRAINING

1997-present: CAPTAINS COURAGEOUS, LLC, founder and managing partner. Unique experiential learning for individuals and businesses incorporating exotic environments, activities and resources into skillfully designed and facilitated programs. Business adventures develop trust, cooperation and perspective for leaders and teams who are challenged to quickly develop strategy and tactics, communicate openly and clearly, and focus on what matters most. Personal adventures offer transformative growth experiences geared toward expanding comfort zones, deepening relationships, enhancing communications, and enriching trust and cooperation.

1993-2013: INTERACTION ASSOCIATES, independent consultant and master trainer. Specialized training, facilitating and consulting in collaborative leadership, teamwork, facilitation and meeting effectiveness.

1985-present: HIGHER GROUND (under which Captains Courageous originally functioned), owner and principal facilitator. Training, coaching and facilitating for individuals, teams and organizations toward higher levels of communication, cooperation, creativity and trust. Customized programs and consulting in team development, leadership development, facilitation skills, collaboration, and conflict resolution. Clients throughout the US and Europe and in Canada, Russia, Israel, South and Central America.

1984-2011: INSIGHT SEMINARS, Senior Facilitator, Executive Director of Program Development, Mid-Continent Regional Director, member of Board of Directors. In-depth programs of experiential education and personal development for groups of 20-450 participants throughout the world.

1978-1985: MARTHA BOSTON LEGAL AND EDUCATIONAL SERVICES. Training and consulting for mental health professionals on legal and ethical aspects of mental health services. Clients include hospitals, medical schools, public and private clinics, individual and group practices, public agencies, national professional and educational organizations.

PRIVATE PRACTICE OF LAW	1975-1985, Austin, Texas. Specialty: mental health law. Won landmark U.S. Supreme Court case, <i>Addington vs. Texas</i> , 1979, establishing constitutionally minimum standard of proof for mental health commitment cases. Wrote original version of revision of Texas Mental Health Code. Served on Federal Court Review Panel to monitor compliance of state mental hospitals with court-mandated standards of care.	
FACULTY APPOINTMENTS	Galveston Family Institute, 1981-1983 University of Texas at Austin, Educational Psychology, 1981 University of Houston at Clear Lake, Behavioral Sciences, 1980 Continuing education programs, 1980-1984: St. Louis University Washington University Rice University University of Missouri at St. Louis	
EDUCATION & CERTIFICATIONS	University of Texas at Austin (B.A.) University of Texas School of Law (J.D.) CDR Associates Mediation Certification Peace Theological Seminary & College of Philosophy (MTh.Equiv.) Peace Theological Seminary Doctoral program (all but dissertation)	1971 1975 1993 1997 current
PARTIAL LIST OF COURSES DESIGNED & DELIVERED	The Art & Heart of Leadership (for Higher Ground) The Art & Heart of Facilitation (for Higher Ground) The Art & Heart of Collaboration (for Higher Ground) The Journey to Higher Ground (for Higher Ground) The Higher Ground of Conflict (for Higher Ground) The Art & Heart of Commitment (for Higher Ground) Meeting at Higher Ground (for Higher Ground) Train the Trainer (multiple courses) for Interaction Associates Captains Courageous (Caribbean sailing adventures in personal & professional development) Feel Like a Woman (women's sexuality workshop with Sarah Janosik, ACSW & Karen Swenson, M.D.) Insight I: The Awakening Heart Seminar revised (co-design for Insight Seminars) Graduate Seminar Series (for Insight Seminars) CoFacilitator, The Wilderness Experience 22/7 Company Captains Courageous Sailing Adventure Captains Courageous Island Adventure Captains Courageous Navigating by Heart	
WRITING	"Navigating By Heart" blog in Huffington Post Sailing By Heart, book in progress "Reveal Motivations" in <i>Women Who Win at Work</i> , Liane Sebastian, ed. Frederick Fell 2009 A smattering of motivational articles in various small publications A smattering of somewhat arcane professional articles on mental health law in various publications and books	

REPRESENTATIVE CLIENTS

Anderson Consulting (now Accenture)
Academy for Competent Youth Work
Advanced Micro Devices
Applied Materials
Attorney General of Texas
Aventis
Baltimore Gas & Electric
BiogenIdec
Dow Chemical
Fidelity Investments
Ford Motor Company Iberia
Genta Incorporated
Homeland Security Institute
Iowa Governor's Department
of Management

Lyondell
Matthew Bender
Morgan Stanley
National Partnership for Re-inventing Government
Pepsico
PricewaterhouseCoopers
Progressive Insurance
Sarah Lee
The Effective Edge
Texas Department of Health and Human Services
Texas Department of Protective & Regulatory
Services
Texas Network of Youth Organizations
Texas Instruments
United States Mint

(some clients served through third party affiliations)

REPRESENTATIVE CLIENT COMMENTS

"The workshop developed insight beyond technique. The information and insights were valuable and immediately applicable, both at work and at home. It was fun too!"

M.M., Austin TX

"Authentic, supportive, committed, wise, and clear - both Martha and the workshop."

A.T., Chicago, IL

"Boston turned out to be the most effective facilitator I had ever worked with. She spent an hour or more on the phone with each team leader, two or three with me, to prepare for the offsite. She got us to focus on what we wanted to achieve, how we would do it, and how we would relate to each other. My tendency was usually to concentrate on the "what"—the job that had to be done, and let the people issues and the "how" work themselves out, which sometimes happened, sometimes not. Some of the team wanted to concentrate on the people issue—how we treated each other—and let the "what" and "how" issues work themselves out. Boston would insist on working with us on what she called the 3 P's of success: the product, the process, and the people. And at the end she had led us to breakthrough progress, unlike the failed all-hands offsite I had held a year earlier."

B.S., Washington DC

"I appreciate the whack on the side of the head, and I am taking action toward my goals."

M.C., Santa Fe, NM

"Martha's an excellent facilitator. She presented the material so straight ahead, non-threatening, informatively and honestly, it was mesmerizing for me. It must be a great feeling to know you touch lives in a way very few people do."

M.B., Boston MA

"I have learned there are no limits!"

T.R., Bellevue MA

"If you ever need someone to rave about your coaching, I'm your man."

M.C., Austin TX