

Do you recognise the link between wellbeing and the success of your business?

Always Oarsome combines the best sport on the planet (that's rowing in case you were in any doubt!) with a passion for wellbeing to create unique events designed to reduce the impact of employee sickness and disengagement.

It is a well-known fact that stress and illness has considerable direct and indirect effect on business. Staff absenteeism can cost an organization millions but attending work when unwell or under stress (known as presenteeism) can be just as costly.

Our mission is to help individuals and teams prioritise their wellbeing to enable them to be healthier, happier and more productive in every situation.

We offer wellbeing and teambuilding events... on water ... on land ... online.

Why rowing?

You may have seen The Boat Race where the strongest and fittest athletes from Oxford and Cambridge almost expire racing down the Thames. Or maybe the Olympic athletes almost passing out as they cross the finish line. Rowing at an elite level is exciting but very demanding and not for everyone. However, there is a whole other side to rowing. It is in fact probably one of the most accessible sports regardless of age, fitness level and ability.

Nothing compares to watching your day-to-day worries fade into the distance as you push off the landing stage. Being outdoors, in beautiful surroundings, feeling the flow of the water, hearing the boat sing (it really does!) WOW! It's simply amazing!



"Everyone had an amazing time. The coaches were friendly and knowledgeable and lunch was excellent!"

"Thank you so much for having us, we had a wonderful day on the river. Definitely the most challenging thing any of us have done for a while but we would all love to come back!"

It was the MOST AMAZING day.. I was absolutely buzzing...I think we all were!

Your Always Oarsome Event...

On Water



Your event will be designed for you to suit you and your team. From a relatively relaxing paddle on the river to a fiercely

competitive day of challenges culminating in an Oarsome Regatta with medal ceremony, and anything in between.

Take your team out of the workplace and out of their comfort zone, and into the world of rowing. The ultimate team sport, rowing will bond your team members in a fun and challenging day.

They'll leave the event with new skills, new respect for a sport they've probably only ever seen on TV, and a feeling of exhilaration for having achieved something very special together.



On Land and Online

Always Oarsome is not just about rowing on the water

(although this is the best bit!). Our range of wellbeing focused workshops can be delivered to your teams at your premises, or pretty much anywhere!



For these events, we take the life changing lessons we've gained from rowing and make them applicable to you and your teams.

Designed to massively improve wellbeing and resilience for the workplace and for life!

You may even want a mix of on and off water events!

Our focus for all events is on wellbeing, team spirit and fun.

Founded by Gill Laidlaw and Jen Hinds, Always Oarsome delivers truly unique wellbeing and teambuilding events based around the sport of rowing. Both Gill and Jen experience first-hand the hugely positive impact of rowing on their own wellbeing and that of the people they coach.



Our love of the sport led us to take our coaching qualifications with British Rowing, run the learn to row programme at Warrington Rowing Club, become assistant coaches for Warrington Youth Rowing (an amazing charity which introduces young people, who otherwise would never have the opportunity, to rowing), and to create **Always Oarsome**.

Come and join us. Together, we are Always Oarsome.