

Be the Calm or Be the Storm

by **Captain Sandy Yawn**
Star of the hit **Bravo** show
“**Below Deck Mediterranean**”



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Leadership lessons from Captain Sandy Yawn, a renowned superyacht captain with over 30 years of international maritime experience, and star of the reality show **Below Deck Mediterranean**.

KEY SELLING POINTS

COMPELLING BACKSTORY: Captain Sandy has 30 years' maritime experience; she worked her way up from scrubbing decks to become an elite class of captain in a male-dominated profession; she's battled drug addiction, had a motorcycle accident that almost took her life, survived stage II kidney cancer, and a heart attack.

BRAVO-TV/BELOW DECK MEDITERRANEAN: “Below Deck Mediterranean,” is in its sixth season and has a viewership of nearly 2.75 million. It is now the **#1** show on Bravo.

LEADERS OF ALL STRIPES: With lessons on accountability, teamwork, deciding who to invest in and how to bring out their best, persistence, and discipline leavened with compassion, her lessons feel applicable for the aspiring entrepreneur, the business professional, or even someone running a household.

Learn more at:

<https://www.bravotv.com/people/sandy-yawn>