

## Martha Boston

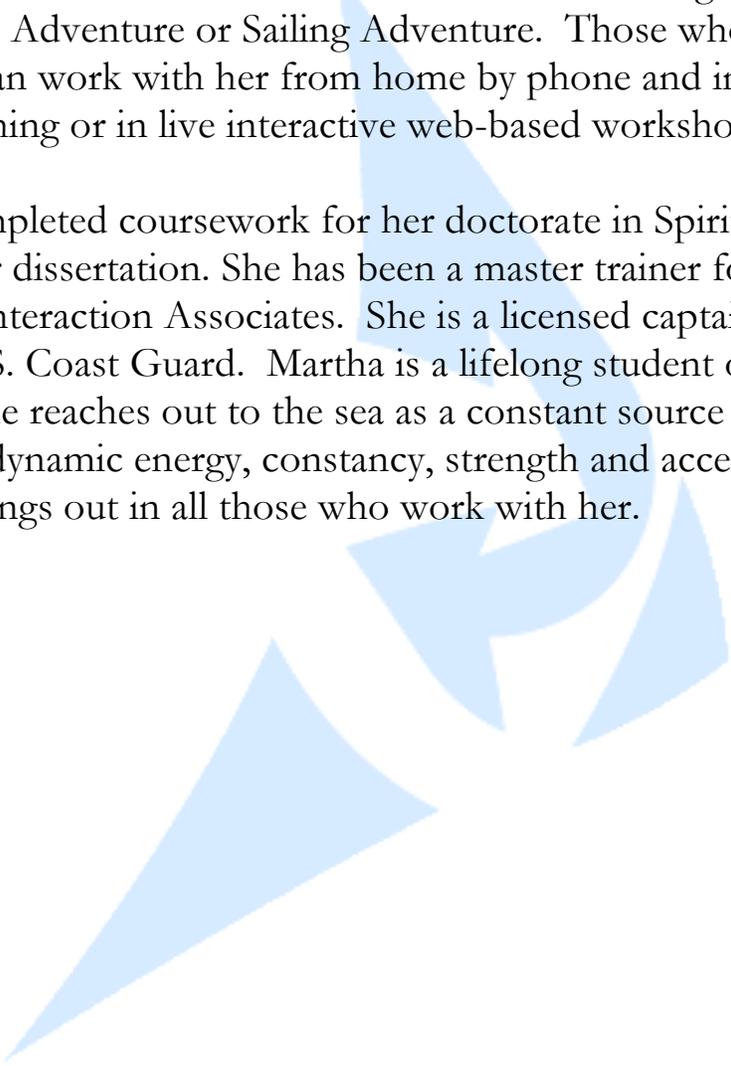
Martha grew up in a small town on the dusty plains of west Texas. She was always drawn to the sea, but it took her awhile to get there.

From the plains she went to Austin. There she completed her undergraduate studies and law degree at the University of Texas, and then set up her law practice. She argued and won a landmark U.S. Supreme Court case at the age of 29, but her truest passion lay in the intersections between mind and heart, and between the inner life and life in the world. This naturally led her into the field of personal development; and, leaving the law, she was quickly trained and mentored as a facilitator of large-scale personal growth workshops. Her skills and global reputation expanded her platform into businesses to help boost productivity and profitability by improving communication, connectedness and commitment among their people. Her ability to find common ground for uncommon outcomes has made her a high-demand facilitator for business meetings and teambuilding. Her skills at inspiring one-to-one clients made her a life coach before it was ever called life coaching. She has assisted thousands into greater levels of confidence, capability and joy in their lives.

Martha has always been active and adventurous, so adventure learning became a natural fit for her. Her love of the sea inspired her audacious dream of combining personal growth work with a Caribbean sailing vacation; and in 1990 the first Captains Courageous Sailing Adventure was born. Since then, she has brought many individuals and groups aboard sailboats to explore and develop their inner and outer selves while adventuring through the waters of the world. After years of travelling back and forth between the Caribbean and the U.S. mainland, Martha and her husband Peter now live fulltime in the Caribbean, on St. Croix in the United States Virgin Islands. Inspired by all that her island has to offer, Martha has taken yet another leap and created the Island Adventure, using the rich Caribbean heritage and tropical environment of her island home as yet another powerful venue for learning.

Martha facilitates both personal growth and business workshops on the island and abroad, and coaches individuals, couples, families and business groups both face-to-face and online. She welcomes anyone who wants more heart in their life to come to the island for a coaching intensive or a powerful Island Adventure or Sailing Adventure. Those who aren't able to make the trip can work with her from home by phone and internet in individual coaching or in live interactive web-based workshops.

Martha has completed coursework for her doctorate in Spiritual Science, lacking only her dissertation. She has been a master trainer for Insight Seminars and Interaction Associates. She is a licensed captain and master through the U.S. Coast Guard. Martha is a lifelong student of the heart, and each day she reaches out to the sea as a constant source of inspiration. Its qualities of dynamic energy, constancy, strength and acceptance are qualities she brings out in all those who work with her.



*Captains Courageous*