



أمدي  
unlocking human potential

OUTWARD BOUND OMAN

# Annual Report 2020





**His Late Majesty  
Sultan Qaboos bin Said**  
May Allah have mercy upon him



**His Majesty  
Sultan Haitham bin Tarik**



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## A Message from our Patron

**Resilience and agility** are two words that are frequently used by the team at Outward Bound as we strive to develop the national talent of Oman. The arrival of COVID in March 2020 has ensured that we as an organization have had to demonstrate both skills in abundance to navigate our way through the global challenge. After ten years of relentless growth, five months of not being able to deliver our powerful outdoor courses has presented us with a unique opportunity to catch up with ourselves, refresh our courses, embed existing relationships and cultivate new ones. As such, I believe we emerge from COVID in a much stronger position, better prepared to serve His Majesty's Government in their efforts to make Vision 2040 a reality.

Since being launched back in May 2009, Outward Bound Oman has delivered 942 training courses to 16,896 people, courses that are directly helping address the national objectives of increasing the employability of Omani youth, and of developing the capacity of the emerging talent of the nation, both in the government and private sectors.

COVID aside, whilst every year has been one of growth and development, 2020 has perhaps been the most notable in our eleven-year history. Late in 2019, HRH Prince William, The Duke of Cambridge found time in his busy itinerary to visit a group of young Omani job seekers on an OBO course in Wadi Arbeein, and in March 2020 we moved into our new purpose-built headquarters and training centre in Al Khoud 6, a wonderful building that turns heads, and transforms our ability to serve the community.

As always, I would like to express my gratitude to you all for your continued support of the work that we do as a not for profit organization; my particular thanks go to the board of Outward Bound Oman who give their time and expertise voluntarily to ensure that we operate to the highest possible standards of governance and transparency.

As we learn to live with COVID in 2021, your support for the work we do through your social investment programme is more needed than ever. Equally, if you are in need of training to help embed a new set of values, help gel re-structured teams or invest in your emerging talent, we would be delighted to work with you in the coming year to design, develop and deliver a powerful Outward Bound Oman experience.

**His Highness Sayyid Faisal bin Turki Al Said**

Patron

Founding Partners:

大成 DENTONS



In Partnership with:





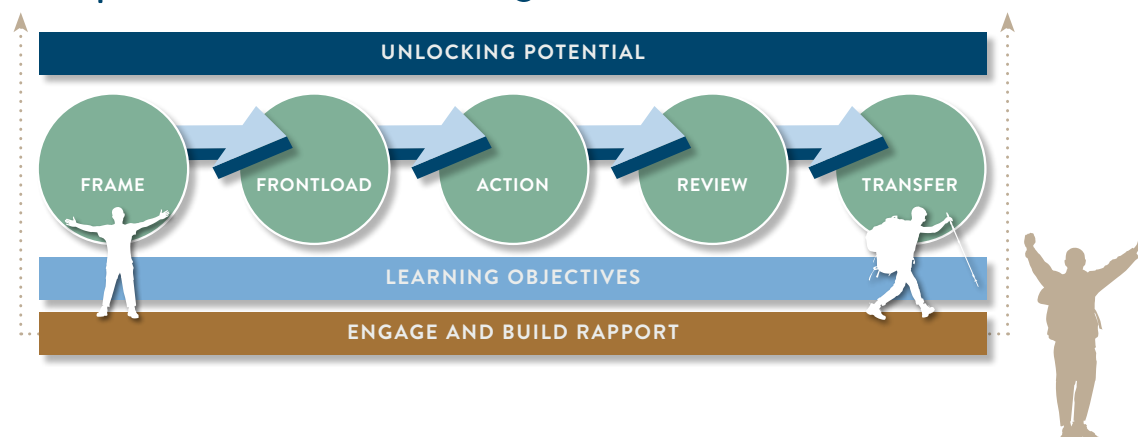
Your organisation is different, your staff are different, and so is Outward Bound Oman

There are no 'off the shelf' courses at Outward Bound Oman; all of our immersive, outcome driven programmes are tailored to the specific needs of the participants, using our proven, experiential approach to learning that has been refined over 79 years at Outward Bound schools around the world.



#### THE OUTWARD BOUND OMAN

### Experiential Learning Model



### Our year at a glance in 2020

63

Total number of courses:

49%

Universities Students and Job Seekers

22%

Mental Wellbeing Courses

19%

Corporate Development

10%

Young people in Government and International Schools

Total number of participants:

720





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YOU LEAD  
THROUGH  
PEOPLE

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NOT  
REPORTS

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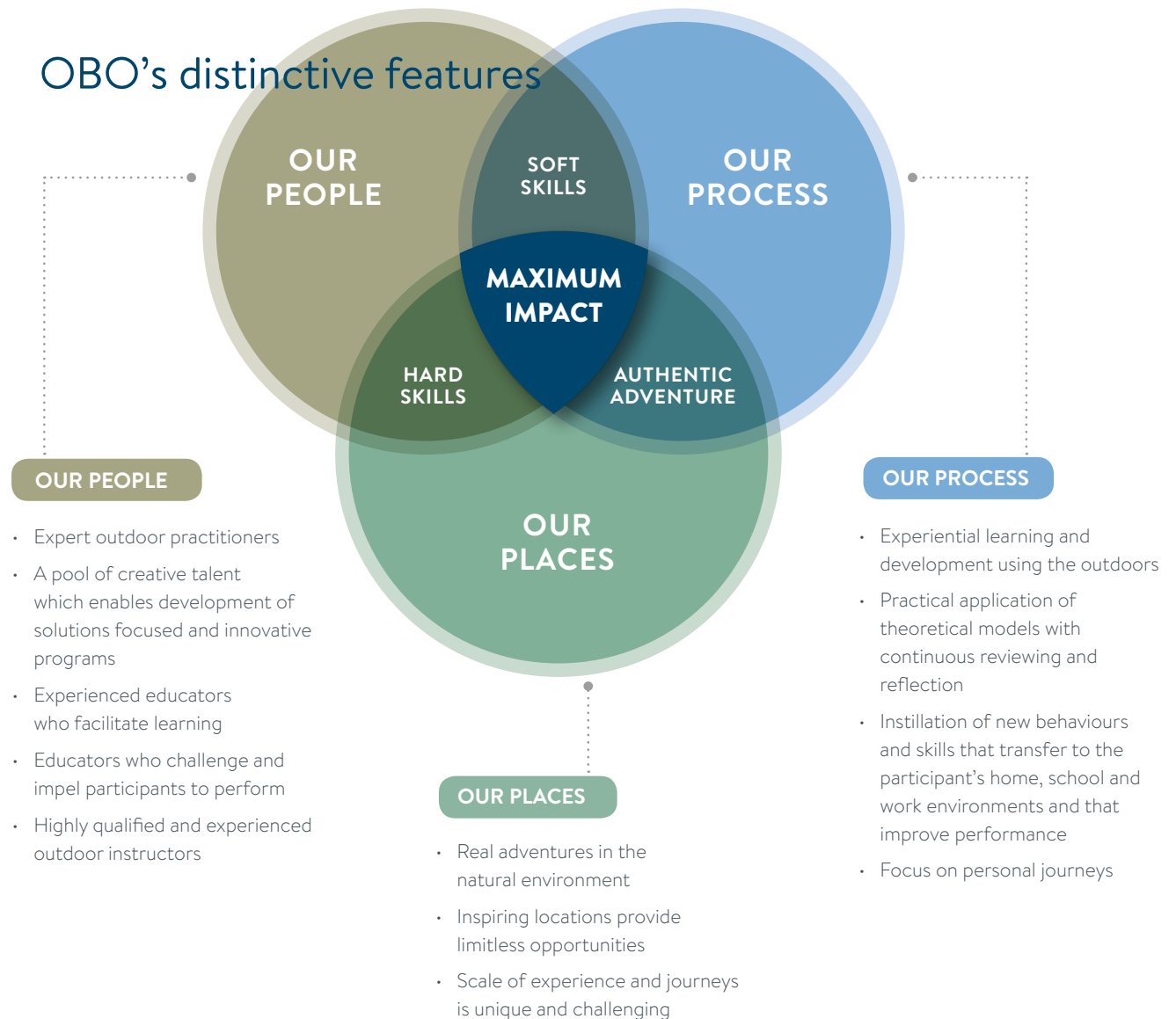


## We challenge and develop the human capital of Oman

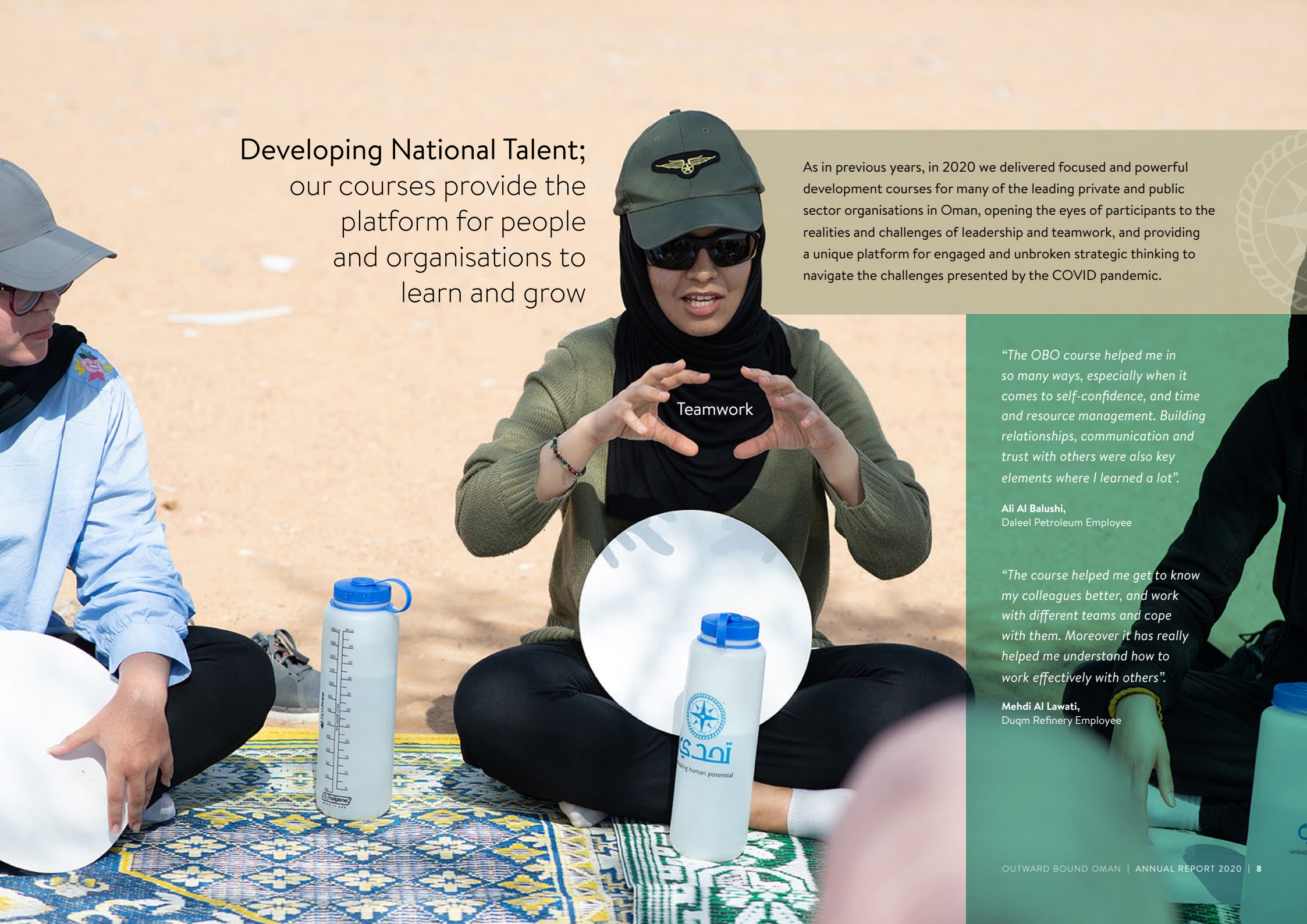
Whether for young people in school or university, for unemployed young people striving to get their first job, or for the emerging talent within organisations, our courses are designed help people realise their potential. An Outward Bound course is all about **outcome focused learning**, achieved through talented people working in an inspiring and challenging environment, applying an effective process.



## OBO's distinctive features







Developing National Talent;  
our courses provide the  
platform for people  
and organisations to  
learn and grow

As in previous years, in 2020 we delivered focused and powerful development courses for many of the leading private and public sector organisations in Oman, opening the eyes of participants to the realities and challenges of leadership and teamwork, and providing a unique platform for engaged and unbroken strategic thinking to navigate the challenges presented by the COVID pandemic.

Teamwork

*"The OBO course helped me in so many ways, especially when it comes to self-confidence, and time and resource management. Building relationships, communication and trust with others were also key elements where I learned a lot".*

**Ali Al Balushi,**  
Daleel Petroleum Employee

*"The course helped me get to know my colleagues better, and work with different teams and cope with them. Moreover it has really helped me understand how to work effectively with others".*

**Mehdi Al Lawati,**  
Duqm Refinery Employee



Agility

**Agility** was the word of 2020 according to the **World Economic Forum**, a term increasingly essential for individuals and organisations alike as we all try to navigate and prepare for the future. Young people and the emerging talent within the Omani workplace today will be leading us through a rapidly changing world in the next decade. Uncertainty, and ever-changing landscapes are essential ingredients on Outward Bound courses as we strive to develop creative thinking and problem solving and give future leaders the tools and the mindset to succeed.



Preparing the  
next generation  
of leaders for  
an uncertain  
future

*"This has been such an amazing course, I recommend it to everyone. It totally changes your view on things; everyone would benefit from such an eye-opening experience."*

**Nouf Al Ajmi,**  
Oman Airports Employee



## Future Skills

The landscape for all of us in 2020 has been a dynamic and challenging one. As elsewhere in the world, organisations in Oman have had to change the way they work, and have had to adapt quickly, creatively and with agility. We closely monitor the work of the World Economic Forum to help shape the work we do with many of the leading organisations in the sultanate to help equip their emerging talent and leadership teams with greater resilience, and increase their capacity to thrive, and not merely survive in uncertainty. In an increasingly globalized world, the solutions to many future challenges require an enlightened style of leadership that puts greater emphasis on compromise, collaboration and working with others ..... all key elements of our powerful, immersive courses.

<b>FUTURE SKILLS OUTLOOK</b>	<b>منظور المهارات المستقبلية</b>
Analytical Skills & Innovation	الاختراع والمهارات التحليلية
Active Learning	التعلم الفعال
Agility	سرعة المواءمة
Creativity & Initiative	الإبداع والمبادرة
Critical Thinking & Analysis	التفكير النقدي والتحليل
Complex Problem Solving	حل المشكلات المعقدة
Leadership & Social Influence	القيادة والتأثير الاجتماعي
Reasoning & Problem Solving	الاستدلال وحل المشكلات
Collaboration & Compromise	التعاون والتسوية

WORLD ECONOMIC FORUM

OUTWARD BOUND OMAN



## Working with Young People; enabling key life skills

Our powerful Skills for Life courses, delivered for young people in government schools came to an abrupt end in March 2020 when COVID-19 arrived in Oman. Even before the arrival of COVID there were increasing concerns about mental and emotional wellbeing amongst young people regionally and globally. More time spent indoors, and being less physically active combined with much more time being spent on social media has been linked to increased levels of anxiety and depression.

94%

I have a clearer vision  
of what I want to do  
next in my life





90%

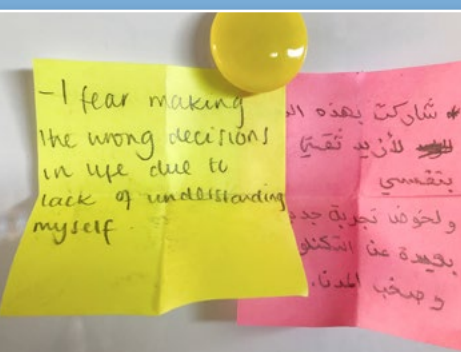
I am more able to cope  
with adversity (obstacles  
and challenges)



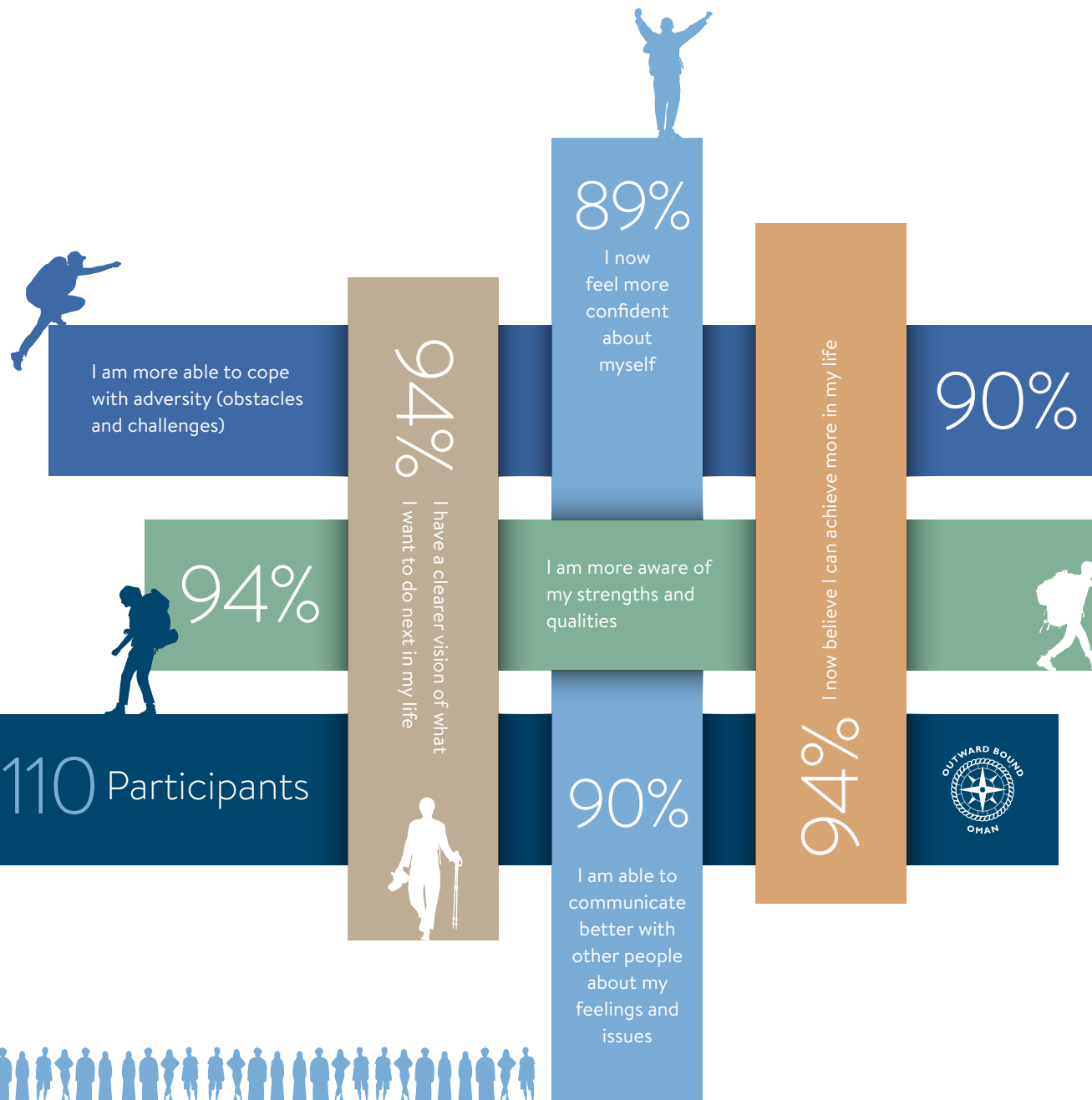


## Addressing Social Issues-our Mental Wellbeing courses

Surveys record a significant decrease in optimism and hope, and a significant increase in anxiety, depression, worry and loneliness amongst young people. Our carefully designed 'Build your Resilience' courses aim to support young people through these challenges and help restore confidence and optimism.



13 Courses 110 Participants







**SWITCH**  
**OFF TECHNOLOGY**  
**AND SWITCH**  
**ON**  
**REALITY**



## Our new Urban Training Centre in Muscat

Carefully designed with two fully equipped training rooms, a large outdoor courtyard, lecture theatre and indoor climbing wall the centre is a unique and versatile venue for training, conferences, off site meetings and short team building courses. Located in Al Khoud 6, the centre is a highly accessible, thought provoking facility designed to inspire those who want something different.





## Al Khoud 6

Our new purpose-built headquarters and training centre. A wonderful building that turns heads, and transforms our ability to serve the community.







# 96.1%

of participants had a greater sense of personal responsibility, time management and improving their own performance.







97.4%

of young people surveyed on recent courses stated that they were now more inspired to do voluntary work in their community





## Muscat Centre opening

October 26th 2020 saw the formal opening of our award winning new urban training centre and administrative headquarters by His Highness TheYazin bin Haitham Al Said, Minister of Culture, Sports and Youth.



Is about being able to deal with setbacks, and **NOT GIVING UP** when things get challenging

Increases staff retention and **'STICKABILITY'**

Is enabled by flexible, **CREATIVE THINKING**

Involves effective **LISTENING**

# RESILIENCE

Is about **LEARNING FROM FAILURE**

Is aided by **BUILDING NETWORKS** and relationships

Helps overcome short term **ADVERSITY**

Enables you to **THRIVE**, and not merely survive

Is vital to **SUSTAIN HIGH PERFORMANCE** over time

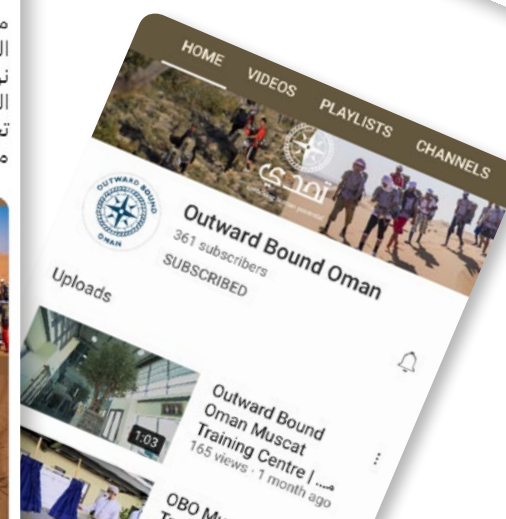
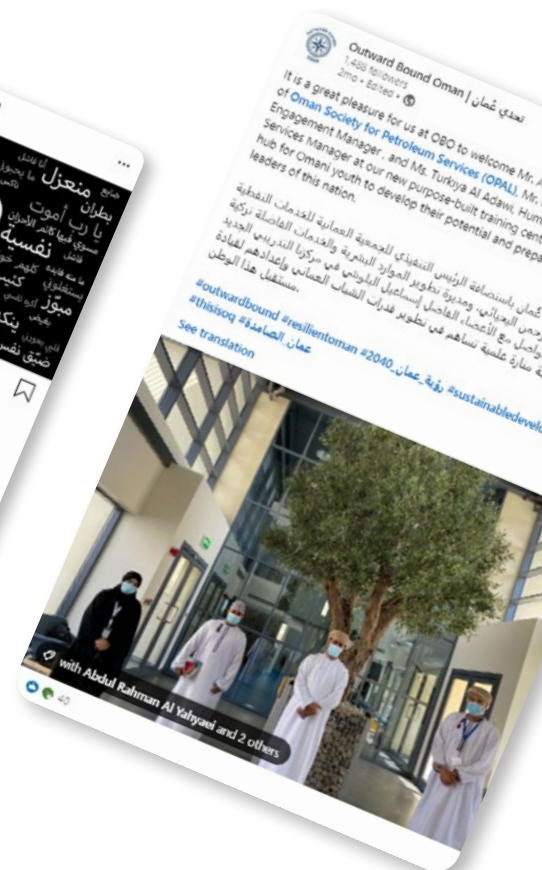
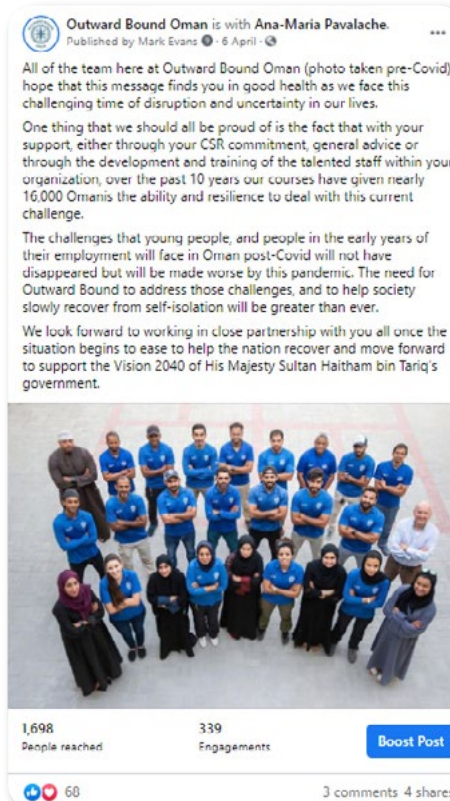
Involves **MANAGING** negative emotions



## Our Virtual Presence

Connecting with our partners, the international Outward Bound network and our course alumni through sharing our endless stories from Muscat, the mountain and the desert, you can find us in a wide range of various social media platforms.

Scan the following code or click on names to find us on: [www.outwardboundoman.com](http://www.outwardboundoman.com)





## Our Partners

**BAE SYSTEMS**

سلطنة عمان



دليل النفط ش.م.م.  
**DALEEL PETROLEUM L.L.C.**

大成 **DENTONS**



عمانتل  
**Omantel**



## Our Supporters



## Thank you

We thank the following organisations  
for their most generous support in 2020

Photography by kind permission of Kensington Palace and Ana-Maria Pavalache





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