

GOING BACK TO BASICS...

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Day four of Plymouth's innovative Entrepreneurs' Bootcamp found the 11 men and women taking part in a 4am disaster recovery drill, an exercise session - and more tips on dealing with stress. The Entrepreneurs' Bootcamp is a five-day business challenge that sees the team given the chance to get five years of business experience in just five days.

So far, the challenge has seen them taking part in exercises with the Royal Marines, getting tips on success from businessmen including Jason Collard of Urban Splash, Bedlam Cube man Danny Bamping and Goss MD Richard George, and learning important lessons around areas such as finance and intellectual property.



Each day has got off to a flying start with a powerwalk around the Hoe and exercise session with personal trainer Kerry Hewitt.

But yesterday, the bootcamp 11 had an earlier start than they have been used to when they were woken at 4am and briefed on a disaster recovery exercise which they had to start straight away.

The group had to work as a team pretending that they were running a manufacturing firm in Estover that had been hit by an explosion and fire. As well as a telephone interview with a Herald journalist, the group had to come up with a business continuity plan to ensure that the business could keep trading.

For some, the early start was particularly painful as they had been networking until the early hours with some familiar faces from Plymouth's business community including Richard George, Danny Bamping, chef Chris Tanner, Richard King and entrepreneur Malcolm Ferris.

After an intense start, they were given more tips on how to deal with stress from business psychologist John Perry.

Then came a gentle exercise session with Kerry focusing on how good posture and breathing can be used to good effect during a typical working day.

She said: "I think most people in business have quite stressful jobs.

"Often they're running their own business and they find that taking time to relieve stress is really beneficial. If you take five minutes out and focus on things such as breathing, it can really help with things."

Josh Flavell, 24, said: "It's been a long day so far and some of us haven't been to bed yet, but at the end of the day, it's all part of the experience.

"My firm BoatshedPlymouth.com is going to take a lot from this week and I'm going to try harder to look at the things I've learned with Kerry."