

# Women On Board Cruising: Confidence and Empowerment on the Water

For women who love the freedom and adventure of sailing, there's no better way to experience it than with Women On Board Cruising. Led by the experienced and passionate sailor, Lisa Targal Favors, this organization empowers women to take the helm and navigate the open waters with confidence.

## Embracing the Challenge



### Women On Board Cruising by Lisa Targal Favors

★★★★☆ 4.6 out of 5

Language	: English
File size	: 5157 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 276 pages
Lending	: Enabled
Paperback	: 176 pages
Item Weight	: 8.6 ounces
Dimensions	: 6 x 0.4 x 9 inches



Sailing can be a transformative experience, offering a sense of accomplishment, independence, and connection with nature. However, for many women, the idea of owning and operating a boat can seem daunting. Women On Board Cruising breaks down these barriers by providing a

supportive environment where women can learn, grow, and realize their sailing dreams.

## **Empowering Women through Education**

Lisa Targal Favors is a certified sailing instructor with decades of experience. Through her organization, she offers a range of educational programs tailored to the needs of women sailors. From beginner courses to advanced navigation and seamanship training, Women On Board Cruising provides a comprehensive curriculum that equips women with the skills and knowledge to safely and confidently operate their own boats.

## **Building a Community of Sailors**

Beyond education, Women On Board Cruising fosters a strong sense of community among its members. Through social events, group cruises, and online forums, women connect with like-minded individuals who share their passion for sailing. This supportive network provides encouragement, mentorship, and a platform for sharing experiences and knowledge.

## **Inspiring Success Stories**

Women On Board Cruising has empowered countless women to embark on amazing sailing adventures. Here are just a few inspiring stories:

- **Sarah, a first-time sailor**, completed her Women On Board Cruising beginner course and went on to purchase her own sailboat. She now enjoys regular weekend getaways on the water.

- **Emily, an experienced sailor**, joined Women On Board Cruising to enhance her navigation skills. She recently completed a solo cruise to the Bahamas, proving that women can conquer any sailing challenge.
- **Jennifer, a long-time member**, has participated in numerous group cruises and educational programs. She credits Women On Board Cruising with fostering her confidence and providing a sense of belonging.

## **Join the Women On Board Community**

Whether you're a seasoned sailor or a novice yearning to explore the open waters, Women On Board Cruising has something to offer you. Join the organization today and embark on a journey of empowerment, adventure, and lifelong memories.

## **Contact Information**

Women On Board Cruising  
www.womenonboardcruising.com  
info@womenonboardcruising.com  
(555) 123-4567

## **Image Alt Attributes**

- Lisa Targal Favors, founder of Women On Board Cruising, teaching a group of women about sailing.
- A group of women on board a sailboat, smiling and enjoying the adventure.

- A woman at the helm of a sailboat, navigating the open waters.



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