



Training Course: Working with Equanimity (ashore & onboard) ensuring Well-being during a crisis

This course is designed as a response to the Covid-19 pandemic and aims to help those involved in the management of office and vessel personnel understand how to best support and empower their people in maintaining a positive moral and smooth operations during this challenging time.

The training will familiarize participants with the ways in which pandemic-induced stress can affect people's performance and present them with insights from the field of neuropsychology on how this stress can best be managed. The individual dimensions of well-being (physical, mental/emotional and social) will be discussed, along with specific practices that can be applied in order to cultivate lucidity, equanimity and well-being during this crisis.

The training will be interactive and will consist of a combination of lectures and group activities.

Course objectives

- To understand how the stress related to the Covid-19 outbreak can affect employee performance and well-being
- To learn practices and tools to manage stress and maintain the smooth running of operations during this challenging time
- To understand the interplay between the individual dimensions of well-being

Focus points

- How the stress mechanism can be triggered during the Covid-19 pandemic and how it can affect performance and behaviour
- The dynamic relation between mental health, physical health and social health
- Practices we can adopt and share with others so as to maintain equanimity and well-being during the Covid-19 outbreak

Entry requirements

None

Duration

4 hours, presented online. To facilitate the comfort of our participants and ensure a smooth, informative and engaging training programme, the training will consist of four 40-minute sessions, each of which will be followed by a 10-minute break.

Who should attend

Shore and ship staff with a managerial or supervisory role.

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