



Maritime Academy

WHEN TRUST MATTERS

Cultivating Well-being onboard

Training Course: Cultivating Well-being onboard

This course is addressed to shipping organizations that wish to equip their management teams with an understanding of how to incorporate seafarer well-being into their crew management practices.

The training programme will familiarize participants with the systemic view of health and wellbeing, drawing on scientific insights about the multiple dimensions of well-being: physical, mental, emotional and social. Delegates will learn about health problems identified in the seafaring profession and the various stressors that can degrade seafarer welfare while they will also be introduced to mindfulness as well as other practices that can help deal with stressors and allow people to flourish in any environment. The reciprocal relationship between well-being and employee engagement will be analysed and strategic organizational practices that can be utilized in building a healthier workplace will be explored.

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

Course Objective

- Understand the holistic and dynamic nature of wellbeing in all its dimensions
- Learn about the impact of stressors in the seafaring profession
- Understand how wellbeing can be cultivated through specific HR practices

Focus Points

- Determinants of health and wellbeing
- Seafarer health problems, well-being issues and stress triggers
- Significance between employee well-being practices, employee engagement and performance
- Incorporating well-being into organisational strategy

Entry requirements

None

Duration

2 days

Who should attend

Shore and ship staff with a managerial or supervisory role who are involved in the Wellbeing of Vessel Personnel company procedures, e.g. managers in general, crew managers, human resource officers, training officers, masters, chief engineers, senior officers.

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