

Building Resilience Toolkit

Changes in the market, technology and working practices can present a number of challenges to your entire crew and individuals alike. STC Global Maritime's Building Resilience Toolkit

is designed to help crews and individuals respond to changes more positively and build a collective resilience across your organisation.



Collaborative tools to help build collective workforce resilience



Facilitator guidance to implement a resilience engagement programme



Presentation material and e-Learning module for training and coaching



Simple to use tools to build resilience in individuals.



STC INSISO delivers ECITB and IOSH accredited training programmes worldwide



Our toolkit can be easily customised to reflect specific challenges within your own organisation



READINESS HEALTHCHECK

Quickly healthcheck the readiness of a vessel / asset / team for roll out of change, highlighting potential challenges.

DEPLOYMENT TRIGGER

Mistake in using process.

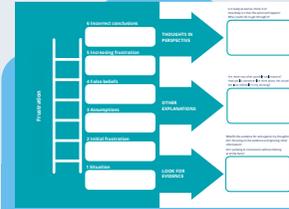
DEPLOYMENT TRIGGERS

Identify a need for resilience support.

Scenario Name	Deployment Trigger	Potential Consequences

CONTEXTUAL SCENARIO TEMPLATE

Think through potential challenges when rolling out change and how they may be dealt with effectively.



LADDER OF FRUSTRATION

Demonstrate how negative thinking and assumptions can escalate frustration and flawed thinking. Use three strategies to look at problems in a different way.

Worry about what will happen if I make an incorrect decision.
BLOCKER

List what could go wrong, and plan for if they do.
Monitor for indications of going off track, and act early.
UNBLOCKER

BLOCKER / UNBLOCKER PROMPTS

Explore what is stopping us making a decision.



BOUNCE BACK HAND-OUT

For future reference.

Additional Resources

CREW-FOCUSED PRESENTATION



Discuss why we need to be resilient, what it means to be resilient, and overviews of the tools with examples.

COACHING DOCUMENT

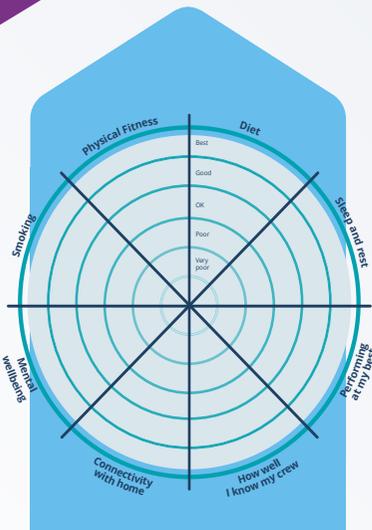


Tips for holding difficult conversations and communicating effectively one-to-one.

IMCA RESILIENCE AWARENESS PROGRAMME



A number of short videos and talking heads of people's views of resilience in the maritime industry.



WELL-BEING WHEEL

Explore the current status of an individual's well-being and identify goals for improvement.

Tools to help explore well-being



RESILIENT PERSON PROFILER

Capture views on what makes individuals and others resilient and build their recognition of these features.



HEARTS AND MINDS MODEL

Demonstrate the two modes of thinking we naturally adopt when faced with challenges and explore how they affect the ability to cope.

Tools to help assess resilience



Tools to deploy prior to change

Tools to help build resilience

