

FOSTERING EMOTIONAL SUPPORT AND UNDERSTANDING ONBOARD

VIRTUAL TRAINING

These two 90 minute courses provide a layered approach to mental wellbeing onboard, aimed at:

- ▶ **Crew:** Mental Health and Wellness Awareness
- ▶ **Managers:** Supporting Positive Mental Wellbeing Onboard - Strategies for Managers

HOW IT WORKS

- ▶ 90 Minute virtual course
- ▶ Up to 20 students (rotational crew welcome to also join remotely)
- ▶ Training is delivered virtually by one of our experienced yachting medical instructors.
- ▶ Delivered through Zoom or Teams- at a time that works best for you

You will also need

- ▶ A screen to display the presentation
- ▶ A large space such as the crew mess or another gathering area

OUTLINE OF THE COURSES

The course for crewmembers focusses on key strategies for developing mental resilience:

- ▶ Identifying the key triggers onboard
- ▶ Developing awareness and understanding of the body's response to stress
- ▶ Identifying your personal coping mechanisms

The course for management focusses on identifying issues and supporting positive mental health onboard, looking at:

- ▶ BATOMI: Identification and reporting tool for at-risk crewmembers
- ▶ Suicide risk awareness
- ▶ Improved understanding of depression
- ▶ Intervention strategies



*The training was brilliant!
Everyone learned so much and
the instructor was wonderful.*

S/Y BLACK PEARL