
MENTAL HEALTH AWARENESS TRAINING PROGRAMS



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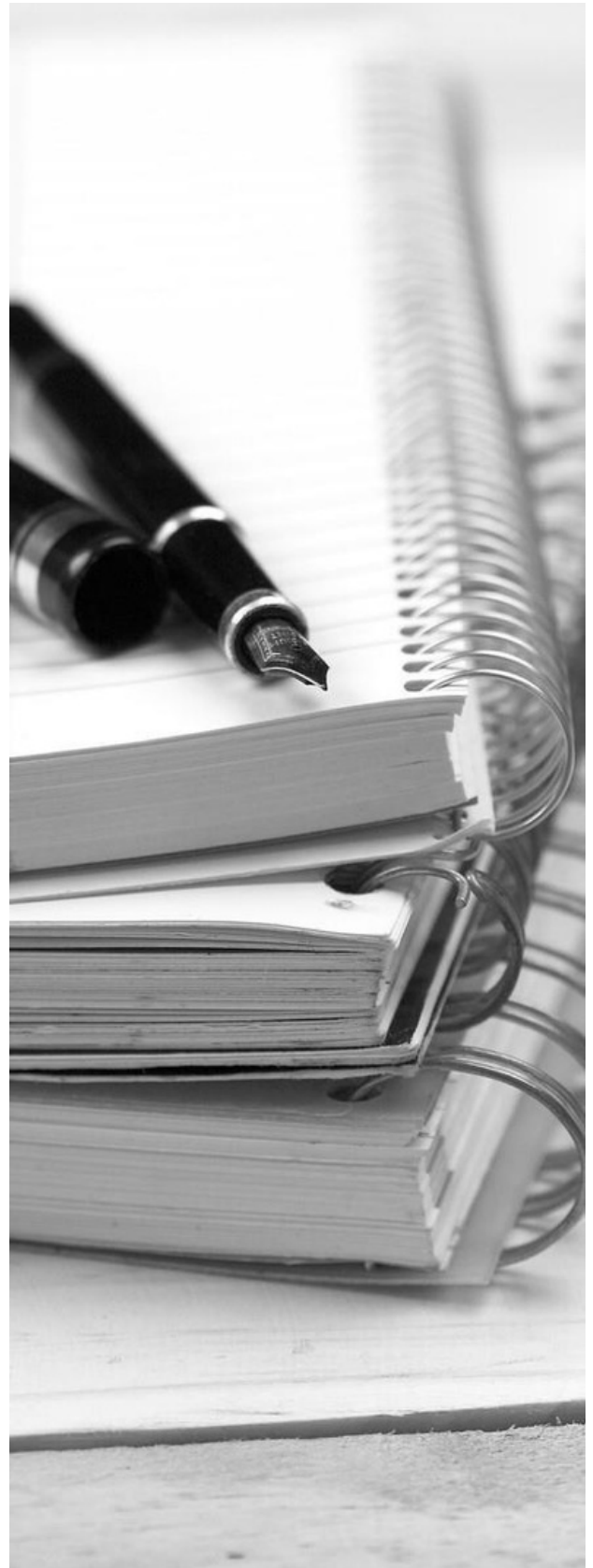


ABOUT

Our mental health awareness programs are both educational and interactive, facilitated at your premises or offered online. The maximum number of participants is 20 people.

Each module has a duration of four (4) hours; the first part, three (3) hours is educational and the second part, one (1) hour is experiential/interactive learning. All material is provided by IMEQ and company hosting the seminar is responsible for providing a distraction free space to work, technical support i.e. projectors, audio and visual. The introductory module, is a pre-requisite for modules 2 and 3.

During the introductory module, participants are informed on mental health issues, most common disorders encountered onboard, prevention and risk factors associated with seafaring.



MENTAL WELLBEING ONBOARD



Participants will have the opportunity to learn signs and symptoms of most common disorders, identify red flag signs and effectively address issues of concern onboard. In addition, a hard copy containing information on signs, symptoms and tips onboard will be distributed to each participant. The program aims to promote well-being at sea and advance knowledge on various topics on mental health, leadership and team development. Our program includes videos, workshops, and training materials.



Client may choose from any module on our list or combined modules.



Session scheduled in advance and offered online or at office locations.



Certificate awarded upon completion of modules.

OUR MODULES

MODULE 1

Understanding mental health and implications in the work environment

Description

- ♦ What is mental health?
- ♦ Identifying risk factors associated with poor mental health onboard
- ♦ Understanding the signs and symptoms of depression, anxiety, phobias, obsessive compulsive disorder and bipolar disorder
- ♦ Learning to identify red flag signs
- ♦ Tips to managing mental health issues onboard
- ♦ WORKSHOP – Case Scenario: Learning to identify red flag signs and developing strategies to deal with mental health issues onboard



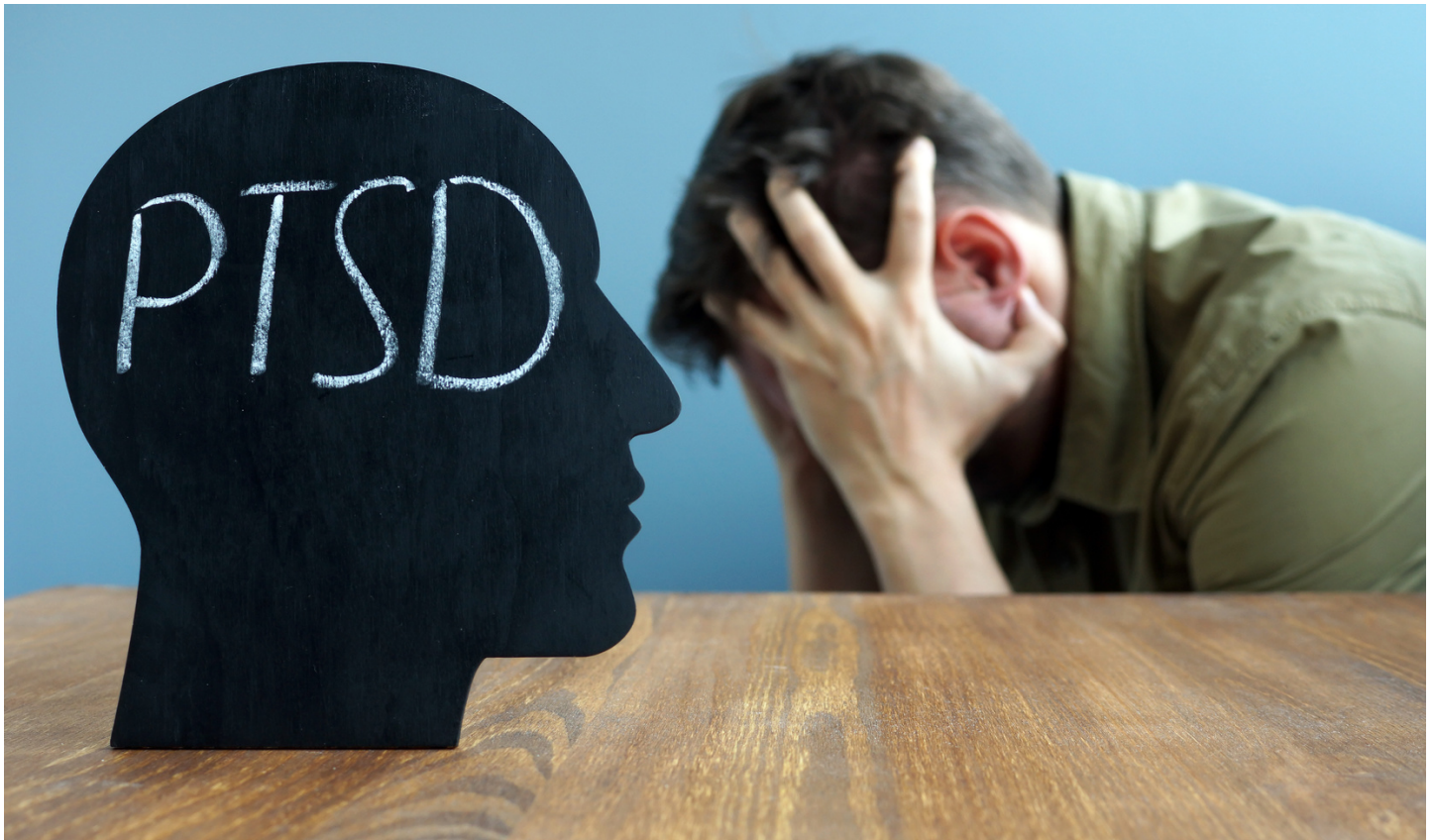
OUR MODULES

MODULE 2

Trauma and post traumatic stress disorder

Description

- Defining trauma and understanding potential traumatic events (PTE) onboard
- Understanding the effects of trauma and clinical manifestations of trauma
- Defining PTSD, signs and symptoms, risk factors and protective factors against PTSD
- Developing strategies to prevent and manage trauma and PTEs onboard
- WORKSHOP: Learning to conduct a defusing session after exposure to a traumatic event



OUR MODULES

MODULE 3

Stress and seafaring

Description

- Understanding stress, anxiety and chronic stress
- Defining causes, signs and symptoms and risk factors
- Identifying work related stress factors onboard
- Understanding the effects of stress in the workplace
- Developing practices to managing stress and preventing burnout
- WORKSHOP: Developing stress management programs onboard and ashore



OUR MODULES

MODULE 4

Communication, conflict and constructive dialoguing in the multicultural environment

Description

- What is communication and the transactional model of communication
- The importance of communication and its potential problems
- The importance of communication to vessel organization and culture
- The role of culture, social norms and language on communication and conflict onboard
- Tips to conflict management and resolution
- WORKSHOP: Applying the six step process of constructive dialogue to resolving conflict



OUR MODULES

MODULE 5

Dealing with conflict and anger in the work environment

Description

- Defining effective communication
- What is conflict and its implications in the workplace
- Different types of conflict and conflict resolution skills
- Defining conflict and anger in the workplace
- Learn skills and strategies to managing conflict in the workplace
- Applying the constructive dialogue to managing conflict
- WORKSHOP: Applying conflict resolution strategies and skills in the corporate world



OUR MODULES

MODULE 6

Leadership: the emotional intelligent leader

Description

- Definition: The different types of Leaders
- Leadership vs. Management: Similarities and differences
- Traits and attributes of the emotional intelligent leader
- Visionary leadership and best practices
- WORKSHOP – Mastering Emotional Literacy: Developing self awareness, self regulation, empathy and social skills



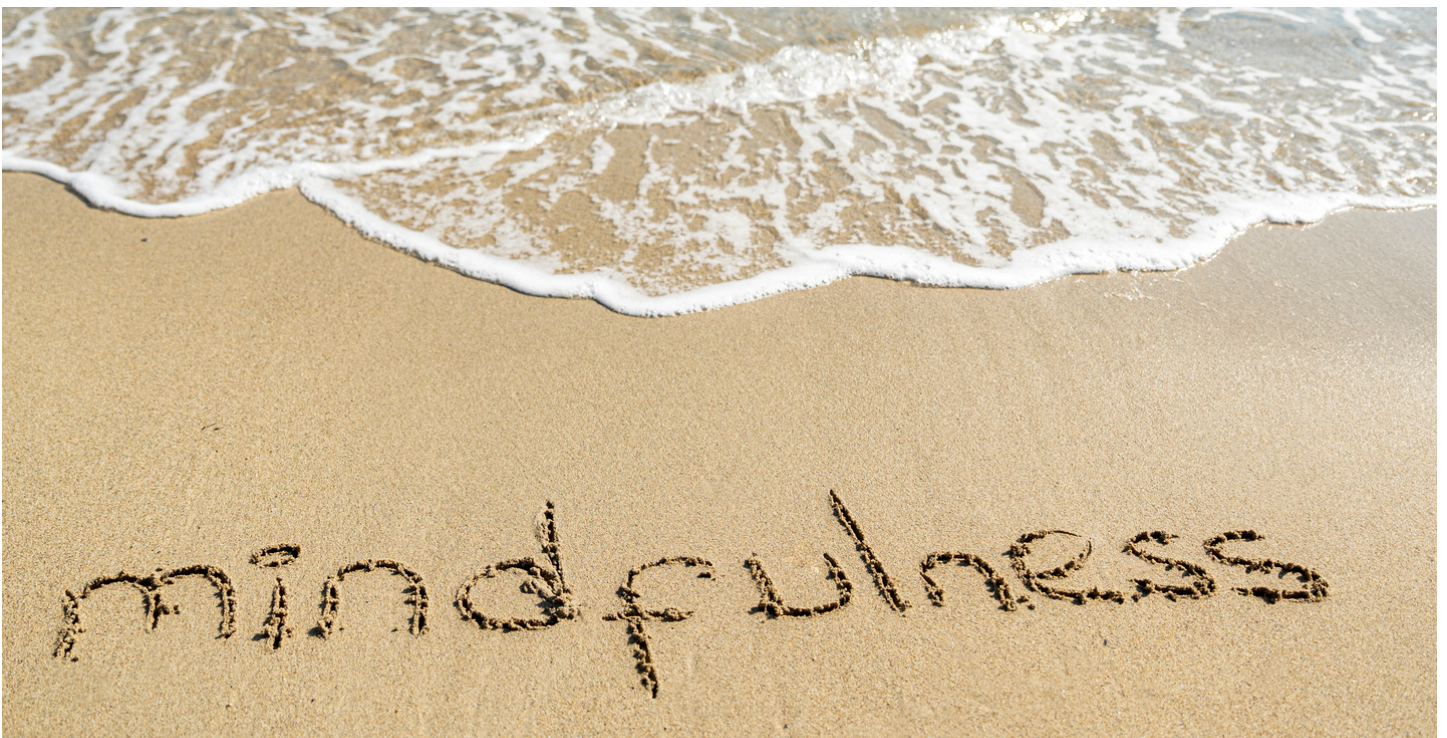
OUR MODULES

MODULE 7

Creating vital working teams in a high performance organization

Description

- Defining teamwork: Types of working teams
- Understanding teamwork processes and team conflict
- Understanding vital working teams attributes: Trust, motivation, autonomy and creativity
- Introducing Mindfulness: Openness, presence, objectivity to building vital working teams
- WORKSHOP: Applying mindfulness to working teams



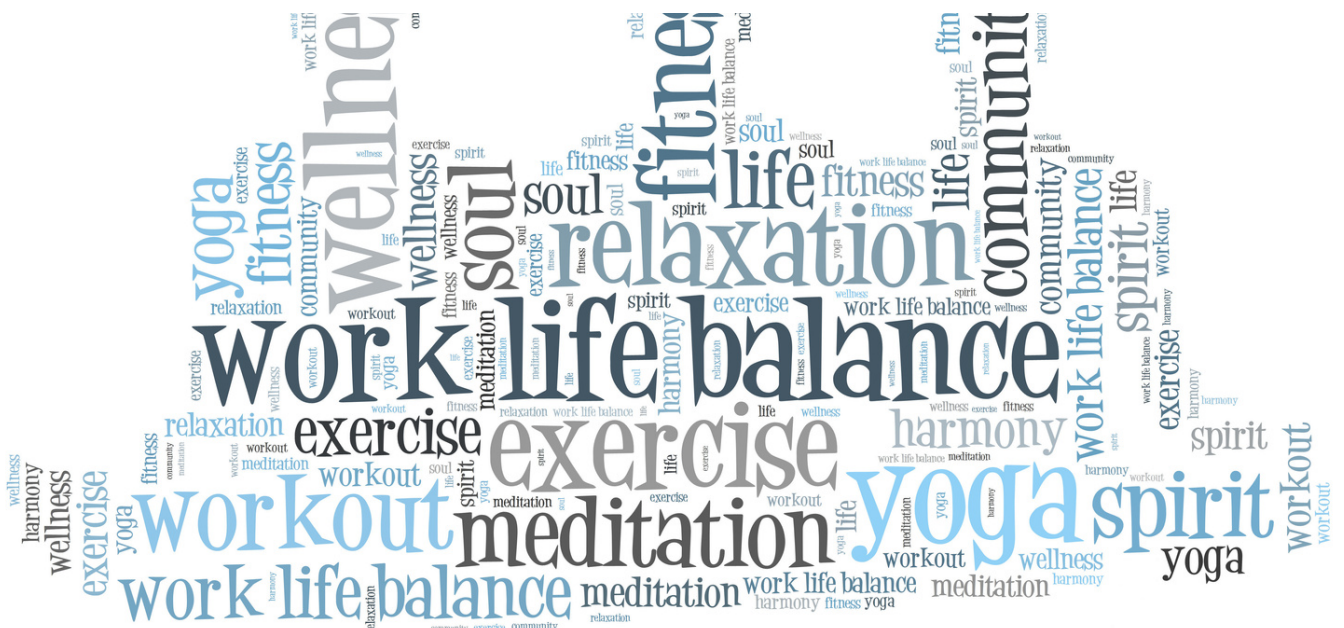
OUR MODULES

MODULE 8

Developing well- being programs onboard and ashore

Description

- Introduction to wellbeing programs. Steps implementing a well being policy (focus on mental health).
- Defining key elements of wellbeing in the workplace
- Understanding workplace risk factors to employee psychological safety
- Developing and implementing psychosocial risk assessments
- Understanding key stages of developing wellbeing policies, actions and strategies
- Implementing, evaluating and improving policies and strategies
- WORKSHOP: Developing and applying a well being (mental health) policy for your organization



WE BELIEVE COMMUNICATION IS KEY!



Reach us!

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