



Mental Health Awareness Program

Thank you for your interest in our Mental Health Awareness (Videos- Articles – Workshops – Trainings) Program. Below you will find more information about our program.

Our Mental Health Awareness Programs are facilitated onboard and is of informatory nature. The crew is informed on Mental Health, Prevention, and Risks associated.

In addition seafarers will receive all the information they need as to who to contact, search or ask for assistance when in need. Our team of experts will provide this Program to all vessels of our clients, once a year. This is a program aiming to promote wellness at sea, and knowledge on the topic of mental health. The Program includes Videos, workshops, and training techniques such as intervention techniques. The syllabus contains a total of 7 modules, however one may choose among the most interesting and beneficial to the company.

1 module consisting of 3 hours total

Client may choose from any module desired from our 7 module list

Professional Mental Health Team assigned

Session scheduled 1 week prior Mediums: onboard or office locations



I.M.E.Q.

Sylabus for MENTAL HEALTH AWARENESS PROGRAM MODULES			
MODULE	TITLE	DESCRIPTION	HOURS
MODULE 1	Understanding Mental Health and Implications in the Work Environment	<ul style="list-style-type: none"> A. Identifying Risk Factors associated with poor mental health onboard B. Introduction to the most common disorders C. Defining internalizing and externalizing behaviors D. Diagnosing mental health problems E. WORKSHOP 	3hrs
MODULE 2	Personality attributes and seafaring	<ul style="list-style-type: none"> A. Definition of Personality B. Development of Personality C. Assessment of Personality D. The Power of Personality E. Personality Disorders F. VI. Personality Traits and Abilities and Seafaring G. WORKSHOP 	3hrs
MODULE 3	Stress and Seafaring	<ul style="list-style-type: none"> A. Definition of Stress : Eustress and Distress B. Work related stress factors C. Effects of Stress D. Developing Stress Management Program E. WORKSHOP 	3hrs
MODULE 4	Dealing with Anger and Frustration in a multicultural environment	<ul style="list-style-type: none"> A. Definition : Anger , hostility and Aggression understanding the difference and dealing with anger effectively and productively. B. Anger as a Social Script – an emotion that is privately experienced and publicly shown depending in the culture we live. C. Anger Episode Model: Triggers Appraisals Experiences Expressive Patterns Behaviors/Actions/Consequences C. WORKSHOP 	3hrs
MODULE 5	Leadership : The Emotionally Intelligent Leader	<ul style="list-style-type: none"> A. DEFINITION : The Emotionally Intelligent Leader B. Identifying Differences and Similarities between Management and Leadership models 	3hrs



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		<p>C. Different Leadership Styles</p> <p>D. What is Resonance Leadership: The charisma of inspiring hope and vision and compassion .</p> <p>Resonating Mirroring Validating Empathy</p> <p>E. .Systemic Approach to Leadership & Management</p> <p>F. WORKSHOP</p>	
MODULE 6	Emotional literacy	<p>A. KNOW YOURSELF- DEVELOP SELF AWARENESS</p> <p>B. EMPATHY</p> <p>C. SOCIAL AWARENESS</p> <p>D. WORKSHOP</p> <p>Techniques for mastering emotional literacy:</p> <p>a. Ability to identify , affirm, value and validate feelings . Reconstructing and Reframing emotions.</p> <p>b. Waking up techniques for emotional literacy.</p> <p>c. ABC of emotions</p> <p>d. Navigating emotions : Breathe,concentrate,balance. EFT Method, Time outs</p> <p>e. Exercise Optimism – Positive Experience Recall</p>	3hrs
MODULE 7	Introduction to Mindfulness	<p>A. WORKSHOP : Building emotional awareness skills, understanding the ABC's of Behaviors-actions and decisions. Learning to building trust , recognizing patterns and pursuing goals in teams.</p> <p>B. Introduction to building Vital Teams : Understanding vision, autonomy, divergence, connection , focusing , accountability and feedback in teamwork</p>	3hrs