

INNOVATIVE MARITIME EQ CENTER

MENTAL HEALTH AWARENESS TRAINING PROGRAMS



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I.M.E.Q.®

INNOVATIVE MARITIME
EMOTIONAL INTELLIGENCE CENTER

ABOUT

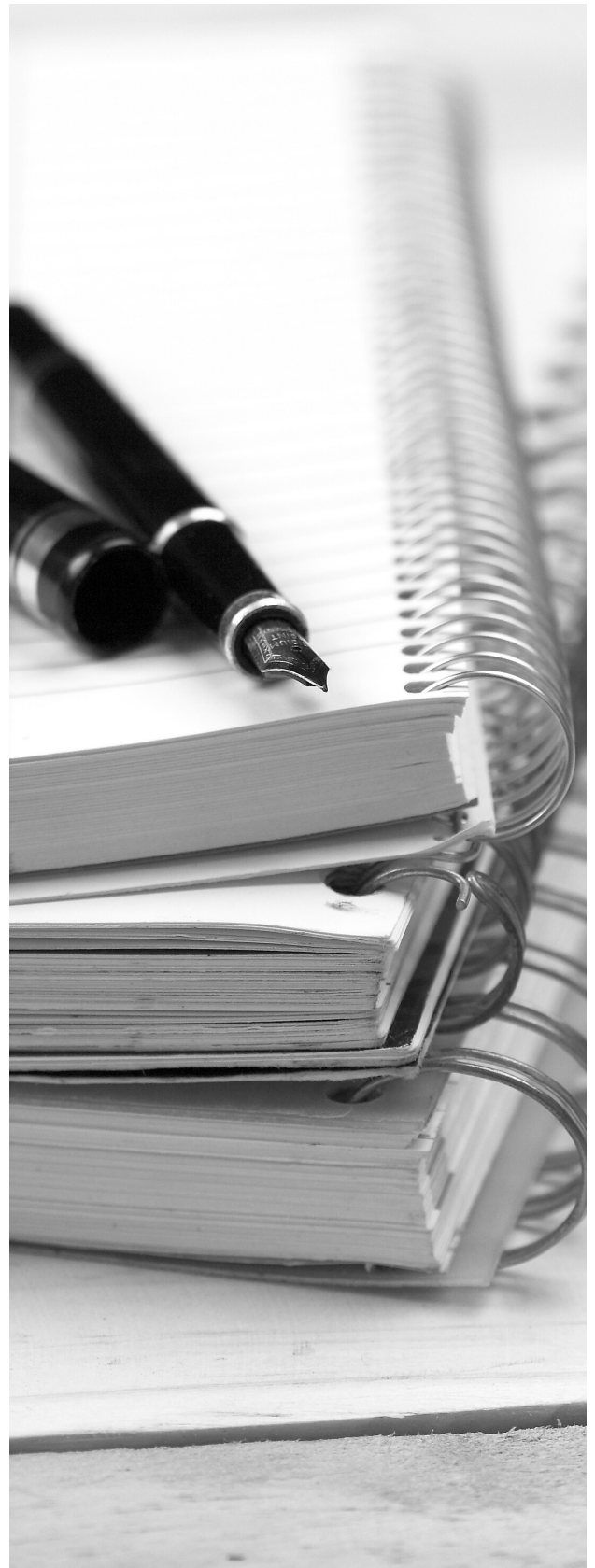
INNOVATIVE MARITIME EQ CENTER

Thank you for your interest in our Mental Health Awareness Program.

Our Mental Health Awareness Programs are facilitated online or at your offices and are interactive and educational.

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, and on 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.

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.
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MODULE 2

TRAUMA AND POST TRAUMATIC STRESS DISORDER

Description

- Defining Trauma and Understanding potential traumatic events 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 PTSD Onboard.
 - WORKSHOP: Learning to conduct a defusing session after exposure to a traumatic event.
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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 and practices to deal with stress.
 - WORKSHOP: Developing Stress Management Programs Onboard.
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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: The Six Step Process of Constructive Dialogue.
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MODULE 5

DEALING WITH CONFLICT AND ANGER IN THE WORK ENVIRONMENT

Description

- What is Conflict and its implications in the living and working environment.
 - Different types of conflict and conflict resolution skills.
 - Defining Anger and understanding the anger cycle episode.
 - Learning skills for managing anger.
 - Applying the Constructive Dialogue to managing Conflict.
 - WORKSHOP: Developing an Anger Management Program.
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MODULE 6

LEADERSHIP: THE EMOTIONAL INTELLIGENT LEADER

Description

- Definition: The different types of Leaders.
 - Leadership vs. Management: Similarities and Differences.
 - The Emotional Intelligent Leader: Qualities and Skills.
 - WORKSHOP Mastering Emotional Literacy: developing self awareness, self regulation, empathy and social skills.
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MODULE 7

CREATING VITAL WORKING TEAMS IN A HIGH PERFORMANCE ORGANIZATION

Description

- Definition of Teams: Types of Working Teams.
 - 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.
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MODULE 8

DEVELOPING WELL-BEING PROGRAMS ONBOARD AND ASHORE

Description

- Introduction to Well-Being Programs. Steps to Implementing a Well Being Policy (Focus on Mental Health).
 - Analyzing mental health issues Onboard.
 - Developing a Policy (Course of Action).
 - Developing Strategies.
 - Implementing and Evaluating Policy.
 - WORKSHOP: Developing and Applying a Well Being (Mental Health) Policy for your Organization.
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QUOTATION

INNOVATIVE MARITIME EQ CENTER

MENTAL HEALTH AWARENESS PROGRAM MODULES

ITEM	DESCRIPTION	PRICE
1 Module	4 hours/1 module	500€
2 Modules	8 hours/2 modules	800€
3 Modules	12 hours/3 modules	1200€
4 Modules	16 hours/4 modules	1600€
5 Modules	20 hours/5 modules	2000€
6 Modules	24 hours/6 modules	2400€
7 Modules	28 hours/7 modules	2800€
8 Modules	34 hours/8 modules	3200€
Consulting Debriefing	Hourly Rate	150€
Individual Counseling	Hourly Rate	50€

WE BELIEVE COMMUNICATION IS KEY!



Reach us!

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