

Seafarer Wellness

Optimize Safety, Performance, Communications

- Roughly 1,500,000 seafarers worldwide would benefit from enhanced wellness
- Physical, Mental, Emotional, and Spiritual Fitness for Officers, Crew, and Family Members Ensures:
 - Optimal Safety
 - Productivity
 - Retention
 - Communications
 - Vessel Performance
 - Environmental Protection
 - Cost Reduction
- Proactive Outreach and Ease of Information Access

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- Education, Information, and Training are Prevention Tools
- Tools Offer Participation – and Communication!
- Stressors Deplete Wellness:
 - Strained Work and Family Relationships & Poor Communication
 - Career & Future Perceptions (Retention)
 - Safety, Alertness, Vigor, Social Contribution, Purpose
 - Social & Family Fitness Affect Global Maritime Community

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- Physical: Nutrition, Quality Sleep, Exercise, Movement, Breathing
- Mental/Emotional: Stress Illnesses, Self-Awareness, Learning, De-Escalation, Communications, Social Support, More Cohesive Family Relationships
- Spiritual: Maritime Organizations, Devotionals, Individual Practices, Mindfulness
- Well-Being: Mission Preparedness, Crew Readiness, Retention, Productivity, Safety

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- Reach Seafarers “Where They Are” in Multiple Languages & Formats
- Contrast Shore Side 24/7 News Cycle with Longer Less-Connected Time at Sea
 - Opportunity for Life Improvements, Including Family Members
 - Self-Awareness and Teamwork are Not Mutually-Exclusive
 - Leadership Skills Benefit Everyone
- Multi-Media Delivery Adapts to Seafarer’s Habits & Preferences
- Collaboration Means Strength of Content

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- Why the Human Element is Crucial?
- People Make Choices and Decisions with Consequences in Maritime
- Fresh Purpose: Wellness is Grounded in Purpose
- Learn to Live Your Life: Not Merely Accept It