

# Workshop on Team Building and Mental Wellbeing at Sea

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## Collective Wellbeing

Promoting Positive Mental Health and Wellbeing on board ships through Teamwork and Collective Strength



How do busy, dedicated sailors care for themselves and others so we have the energy and resilience to stay in this work and win? And what can organisations do better?

Merchant navy means is hard work. We put ourselves at risk and the challenges may seem insurmountable. Seafaring and technology are changing fast. Organisations struggle to keep up and win, meanwhile demanding more from their seafarers who in turn face burnout, exhaustion and stress.

### **Self-care is not a separate task. It is how we do our work.**

Organisations (and the people in them) often minimise self-care because the work feels urgent and necessary. We tend to forget the long arc of movement defeats and victories. In pursuing immediate and urgent change, we lose sight of our health and what work is doing to those around us.

### **Create a shared understanding of care.**

Organisations and Teams should provide space for people to share experiences and insights about self and collective care. Talk with people about what's working, what's not working well, and how to address concerns. Creating a culture of care and modelling it allows people to be mindful of collective as well as their own wellbeing

## **Happiness and Seafaring can co-exist.**

Self-care can become more attainable when we are strongly connected to our sense of purpose, our vision as seafarers, our capacity to fulfil our mission, and if we do what brings us joy.

## **When you talk of being Collective, then the responsibilities of wellbeing get shared**

Who is, or should be the one person on board a ship who has, or should have the responsibility to ensure the wellbeing of all on board? Ask this question to any sailor and the most of them would reply saying it is the 'Master', or the 'Captain' of the ship. But is s/he the only person to shoulder the great responsibility of making everyone happy and mentally well at sea or is it the collective responsibility of the shipboard team?

To ensure that the shipboard team can develop **collective strength**, it is essential that the Leadership team on board are able to build camaraderie between the ranks and a positive culture of **TEAMWORK** and **SHARED VALUES**

With the above elements, the workshop on '**Team Building and Mental Wellbeing at Sea**' is designed but not limited to, the following parameters:

- Importance of developing a shipboard team
- Group dynamics and Team formation
- How to develop Collective Strength
- Enhancing Teamwork through communication
- Determinants of Good mental health (example Sleeping Well)
- Idea of Self-Care and its contribution to collective strength
- Looking out for warning signs of burnouts in yourself and your team
- How **Collaboration** can prevent burnout
- How change in technology affects our change in behaviour \
- Generation gap Vs Culture gap / Old Vs New
- Essence and Importance of Mentoring and also 'Reverse Mentoring'
- How organizations can work towards developing a positive change in mental health on board ships

**Name of Workshop:** Collective Wellbeing at Sea Through Teamwork

**Duration:** 6 -7 hours (Full day)

**Methodology:** Experiential Learning, Group Activities, Case Studies, Role-Plays, Blended Learning, Debriefing

The workshop will be designed on the premise of the practical aspects of shipboard life and the challenges faced by the seafarers. The sessions will concentrate more on activity based learning and less on theory. However, certain unique exponentials would be introduced to the participants which they would be able to practice while on board ships and which will enhance their communication levels and add to team synergy.

**Total Attendees:** approx. 60 (seafarers / Shore based staff / Ship Owners)

**Training Staff:** Single Trainer / Facilitator

### **About the Trainer:**

*Capt. Shoukat Mukherjee is an International award winning training expert specializing in experiential learning. He is a much sought after facilitator and trainer and has over 200 workshops to his credit for seafarers and shore based staff on Leadership Development, Team Building, Mental Health and Wellbeing and various others. He specializes in customizing each workshop based on the objectives of the client and intended learning programme. His book 'Mind Over Water', is maritime industry's first ever book on Leadership Development and Team Building and was launched in the year 2017. This book is now in the syllabus of maritime training institutes and also on board vessels of more than 60 multinational shipping companies.*

### **Resource Support:**

- Lapel Mic for trainer
- At least 2 cordless mic for participants,
- Flip charts and markers as required for groups of 6
- Projector and screen for presentation
- Participants hand outs (will be sent to the company at least 2 days in advance), pre event questionnaire if required (shall be shared with the company upon confirmation of the training session for each participant to fill and send back prior to the intervention date)

### **Charges:**

- All-inclusive charge for full day workshop (6-7 hours): Rs 50,000
- All-inclusive for half day workshop (2.5 – 3 hrs.) : Rs 35,000

**Note:** An ideal group for a 3 hrs. workshop would be 20-25 candidates. However, as the number of participants are high (around 60) strongly suggest a full day workshop on min 6-7 hrs. duration in order to ensure proper take backs and effectiveness of the intended objectives

(All payments by cheque in the name of 'The Naval Connection')