



MORE MEDICAL

MARINE OFFSHORE REMOTE EMERGENCY

MENTAL HEALTH TRAINING



COURSE MENTAL HEALTH FIRST AID

We are familiar with first aid training for physical health. Trained volunteers are invaluable in protecting health. Consider, for example, CPR training. However, there is little attention to training on how to handle psychological problems.

In shipping, you depend on each other during the journey. Along the way you can encounter problems that have a lot of impact. Such as quarantine during corona, threat of piracy or sailing near a war zone, unrest on board. It is also possible that those on board are confronted with private concerns or concerns from their personal history. Mental first aid training can provide guidance in this.

SHORT-TERM PSYCHOLOGICAL TRAINING IN SITUATIONS OF STRESS AND OVERLOAD

In a short trajectory of psychological personal training, guidance in strengthening self-management and resilience, in relation to the learning situation that the employee is confronted with. The psychologist is particularly alert to strengthening personal self-management and resilience in work and private situations. The efforts are aimed at strengthening energy and vitality and preventing absenteeism.

GOAL OF THE TRAINING

A mental health first aid training for seafarers or remote workers aims to provide them with the knowledge and skills to recognize and respond to mental health challenges in isolated work environments. It helps individuals understand common mental health issues, reduce stigma, and promote a culture of well-being.

CERTIFICATION

Participants will receive a certificate according to CRKBO registration upon successful participation and passing of tests. If participants do not pass the tests or show ineffective or harmful behaviour towards people with psychological complaints during the training, the certificate will not be issued.

MORE INFORMATION

Please send an e-mail to info@more-medical.com and together we will find the most suitable solution.



COURSE PEOPLE MANAGEMENT

In order to develop maximum power as an organization, you are therefore dependent on your employees. The ambition to perform at a consistently high level poses the question: how do I keep my employees engaged and vital? How do we find a healthy balance between performance and relaxation?

In the training 'people-oriented management' we develop answers and practical skills around these questions. In the vision from which we work, balance is the keyword. People who are in balance perform better, are more mentally resilient and fall ill less often. A disturbed balance leads to the opposite: more errors, more absenteeism, dropout and outflow. As a manager, you therefore have every reason to take care of the personal balance of your employees. The person of the professional deserves your attention. We call this "people-oriented management". But how do you realize this ambition in the demanding hectic pace of everyday life? This training gives you tools for that.

GOAL OF THE TRAINING

Practical development of a people-oriented management style, you learn to achieve good results with vital employees. The motto is "Being a good leader for others starts with being a good leader for yourself."

THE RESULT OF THE TRAINING

- You are able to give challenges and tasks to employees according to their "capacity";
- You have insight into the possibilities and limits of employees and are able to steer on this;
- You can recognize and handle the meaning of "difficult behaviour" of employees;
- You can recognize stress signals and discuss them;
- You can manage a healthy balance in stress and energy sources in the work process;
- In your management style you know how to maintain a balance between task, team and person-oriented leadership.

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