

WEBINAR

17 March 2026 | 13:00 - 15:00 EET

Seafarers' Well Being

(PART I)



13.00 - 13.50 **Mental Health & Resilience at Sea**
RINA

13.50 - 14.00 Break

14.00 - 14.50 **Effective Maritime Training
Through Competence &
Behavioural Assessment**
DNV

14.50 - 15.00 Q&A

Addressed to crew officers (deck & engine) and office personnel of HELMEPA Member companies

Level of knowledge

**Beginner to
Intermediate**

Participants will receive a HELMEPA Academy Certificate of Attendance

WEBINAR OUTLINE | LEARNING OBJECTIVES

Mental Health & Resilience at Sea

By the end of this session, participants will be able to:

- Understand the key mental health challenges and stressors affecting seafarers and shore-based personnel
- Recognize early warning signs and indicators of mental health concerns onboard
- Explain the impact of mental wellbeing on safety performance and zero-incident culture
- Apply practical strategies to manage stress and build personal resilience
- Support colleagues by promoting open communication and reducing stigma around mental health
- Identify available company support systems and know when and how to seek professional assistance

Effective Maritime Training Through Competence & Behavioural Assessment

By the end of this session, participants will be able to:

- Understand the impact of human factors on maritime accidents
- Recognize the importance of training in fostering a safety culture
- Identify challenges and best practices in maritime training programs
- Evaluate the effectiveness of training in terms of behavioural and competence based outcomes
- Explore the future skills and competencies required for digitalization and decarbonization
- Understand the role of behavioural change in establishing a strong safety culture

2026 REFRESHER TRAINING PROGRAM

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