

Coping Under Pressure: **Seafarer Self-Control Training**

1. Introduction

Develop your self-control skill as a seafarer and improve your ability to remain calm and focused during stressful situations on board. Self-control involves maintaining composure by controlling emotions in the presence of unexpected or overwhelming incidents. It constitutes tolerance to stress, elimination of disturbing factors and being able to focus on

tasks even when under pressure.

This course represents 1 of 5 soft skill courses in the complete Self-Management Training Package.



Duration

Course duration: 12 minutes.
Course access: 2 months.
Course Language: English.



Flexible Learning

This course is available online, any time of the day and at your own convenience.



Certificate Validity

The validity of the certificate issued upon the successful completion of this course is indefinite.



Need Support?

We are here to assist you throughout the course. Please visit safebridge.net/contact

2. Target Audience

This course is suitable for all officer ranks onboard, including:

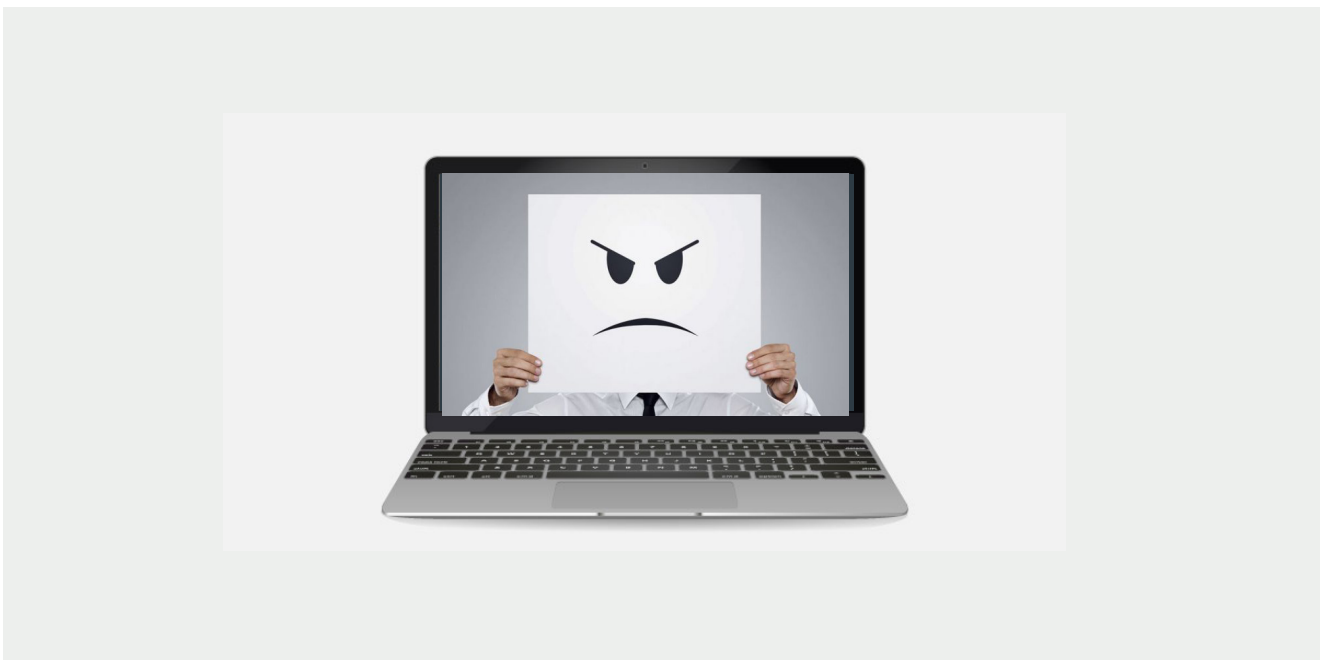
- Management Level Deck Officers
- Management Level Engine Officers
- Operational Level Deck Officers
- Operational Level Engine Officers

3. Prerequisites

Willingness to evolve and develop yourself personally and professionally

4. Learning Objectives

This course aims to develop your self-control skill as a seafarer and help you to remain calm and focused during stressful situations on board.



5. Course Structure

Module 1
The Options

Module 2
The Symptoms

Module 3
Understanding stress

6. Learning Outcomes



Module 1: The Options

Introduces self-control and emotional management in ever changing circumstances through the example of the COVID-19 pandemic.



Module 2: The Symptoms

Analyses different emotions in detail, enabling a full understanding of them.



Module 3: Understanding stress

Helps you dealing with stress.

9. Product Data Sheet: Seafarer Self-Control Training

Modules	Module 1: The options Module 2: The symptoms Module 3: Understanding stress	
Course Access	2 months	
Timeframe	Approx. 12min	
Language	English	
Assessment	TestMe Daily Attempts: 2 Min % of progress on GuideMe to access TestMe: 90% Min % of passing the TestMe: 100% Total test time: 30min	
Price (Excl. VAT)	15,00 €	
Approval	-	
Features	GuideMe, TestMe	
Certificate	Yes (Indefinite)	
Prerequisites	Willingness to evolve and develop yourself personally and professionally	
Educational Objectives	This course aims to develop your self-control skill as a seafarer	
Target audience	This course is suitable for all officer ranks onboard	
Strong Authentication	No	
Technical Requirements	<p>Browser: Chrome, Firefox, Internet Explorer, Safari, Edge.</p> <p>Operating Systems: Windows 8 or higher with latest updates installed MacOS 10.12 Sierra or higher with latest updates installed Apple iOS 11 or higher with latest updates installed</p>	<p>Internet Connectivity: We recommend the usage of a wired internet connection with at least 6Mbps for an optimum experience. Please note that connection via mobile internet is also possible; however, it is considered highly unstable and might cause your exam's failure.</p>