

**Self-Management**

**Self Management: Seafarer Achievement Striving Training**

**1. Introduction**

Develop your achievement striving skills as a seafarer and improve your ability to establish and maintain high-performance standards on board. Achievement striving involves setting personal challenging goals and trying hard to achieve excellence. It constitutes the drive to keep learning and growing at the workplace, the willingness to apply intense

effort over a long period of time to pursue one's goals and resolve obstacles to achieve a target.

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](https://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 achievement striving skill and help you establish and maintain high-performance standards by setting personal „SMART“ goals.



## 5. Course Structure

### Module 1

The Real Challenge

### Module 2

Set the Achievement  
Standards

### Module 3

Owning the GOALS

## 6. Learning Outcomes



### Module 1: The Real Challenge

Encourages you to see and become who you need to be to achieve your goals.



### Module 2: Set the Achievement Standards

Set the achievement standards: focuses on SMART goals and how to utilize them.



### Module 3: Owning the GOALS

Builds on the set goals and covers how to own your goals – to know your impact and adjust your actions accordingly.

## 9. Product Data Sheet: Seafarer Achievement Striving Training

<b>Modules</b>	Module 1: The Real Challenge Module 2: Set The Achievement Standards Module 3: Owning the GOALS	
<b>Course Access</b>	2 months	
<b>Timeframe</b>	Approx. 12min	
<b>Language</b>	English	
<b>Assessment</b>	TestMe Daily Attempts: 2 Min % of progress on GuideMe to access TestMe: 90% Min % of passing the TestMe: 100% Total test time: 30min	
<b>Price (Excl. VAT)</b>	15,00 €	
<b>Approval</b>	-	
<b>Features</b>	GuideMe, TestMe	
<b>Certificate</b>	Yes (Indefinite)	
<b>Prerequisites</b>	Willingness to evolve and develop yourself personally and professionally	
<b>Educational Objectives</b>	Develop your achievement striving skills as a seafarer	
<b>Target audience</b>	This course is suitable for all officer ranks onboard	
<b>Strong Authentication</b>	No	
<b>Technical Requirements</b>	<p><b>Browser:</b> Chrome, Firefox, Internet Explorer, Safari, Edge.</p> <p><b>Operating Systems:</b>          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><b>Internet Connectivity:</b> 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>