

# Self Management: Seafarer Openness to Experience Training

## 1. Introduction

Develop your openness to experience skills as a seafarer and improve your ability to be intellectually curious, willing to go out of your comfort zone, and experience new challenges. Openness to experience involves being comfortable with change, seeking new experiences, being open to new ideas

and viewpoints, embracing different cultures, and showing tolerance and understanding of differences in various views.

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



### Duration

Course duration: 10 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 ability to learn how to get out of your comfort zone, become comfortable with change and new experiences to boost your professional and personal skill development.



## 5. Course Structure

### Module 1

Being Intellectually  
Curious

### Module 2

Curiosity in our  
Private Lives

## 6. Learning Outcomes



### Module 1: Being Intellectually Curious

Introduces intellectual curiosity, enabling you to see things from a different perspective and raise questions.



### Module 2: Curiosity in our Private Lives

Helps you to apply that curiosity to your private life to evolve continuously.

## 9. Product Data Sheet: Seafarer Openness to Experience Training

Modules	Module 1: Being Intellectually Curious Module 2: Curiosity in our Private Lives	
Course Access	2 months	
Timeframe	Approx. 10min	
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	Develop your openness to experience skills as a seafarer	
Target audience	This course is suitable for all officer ranks onboard	
Strong Authentication	No	
Technical Requirements	<p><b>Browser:</b> Chrome, Firefox, Internet Explorer, Safari, Edge.</p> <p><b>Operating Systems:</b> Windows 8 or higher with latest updates installed</p> <p>MacOS 10.12 Sierra or higher with latest updates installed</p> <p>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>