	<b>B. 5.40 - SHELL - LET REFLECTIVE LEARNING RESILIENCE TRAINING SCHEDULE</b>	Date : 01/01/2023
		Page : 1 of 2
		Made by : QHSE
		Approved by : GM
		Rev. No : 03

Vessel: MT BISKRA

Date: 30 JUNE 2023


MAR 2023	APR 2023	MAY 2023	JUN 2023	JUL 2023	AUG 2023
<b>Reflective Learning</b> <i>What is Reflective learning?</i>	<b>LET</b> <i>Machinery space fires</i>	<b>Reflective Learning</b> <i>Mooring</i>	<b>LET</b> <i>Falling into the water</i>	<b>Reflective Learning</b> <i>Is it equipment that really fails</i>	<b>LET</b> <i>Lifting and hoisting</i>
Date:	<u>Group 1</u> Date:	Date: 09.05.2023	<u>Group 1</u> Date: 07.06.2023	Date:	<u>Group 1</u> Date:
Date:	<u>Group 2</u> Date:	Date: 09.05.2023	<u>Group 2</u> Date: 07.06.2023	Date:	<u>Group 2</u> Date:
Date:	<u>Group 3</u> Date:	Date: 09.05.2023	<u>Group 3</u> Date: 07.06.2023	Date:	<u>Group 3</u> Date:
<b>Resilience *</b> <i>What is Resilience ?</i>	<b>Resilience *</b> <i>Change is a Part of Living</i>	<b>Resilience *</b> <i>Looking At Situations In A Different Way</i>	<b>Resilience *</b> <i>Take Care of Yourself</i>	<b>Resilience *</b> <i>Take Decisive Actions</i>	<b>Resilience *</b> <i>Dealing with a Crisis</i>
Date:	Date:	Date: 08.05.2023	Date: 15.06.2023	Date:	Date:
Date:	Date:	Date:	Date:	Date:	Date:

**Learning Engagement Tool (LET)** – To be conducted for all crew members once every 2 months. Session to be conducted in small groups of 4 to 6 people but not more than 10.

**Reflective Learning** – To be conducted for all crew members once every 2 months.

**\*Resilience** – To be conducted for all crew members every month. The Module “What is Resilience” is the introduction to Resilience. This should be completed for crew members who are new to Resilience training, prior to conducting the Resilience module scheduled for the month.

**Note:** The planner will be revised if any new module is released during the year. Please contact [qhse@maritectankers.com](mailto:qhse@maritectankers.com) if any of the above modules are not available on board.

	<b>B. 5.40 - SHELL - LET REFLECTIVE LEARNING RESILIENCE TRAINING SCHEDULE</b>	Date : 01/01/2023
		Page : 2 of 2
		Made by : QHSE Approved by : GM Rev. No : 03

SEP 2023	OCT 2023	NOV 2023	DEC 2023	JAN 2024	FEB 2024
<b>Reflective Learning</b> <i>It will never happen to me (Navigation)</i>	<b>LET</b> <i>Personal Injury</i>	<b>Reflective Learning</b> <i>I Keep My Barrier Strong</i>	<b>LET</b> <i>Slips Trips and Falls</i>	<b>Reflective Learning</b> <i>Chronic Unease</i>	<b>LET</b> <i>Engine failures</i>
Date:	<u>Group 1</u> Date:	Date:	<u>Group 1</u> Date:	Date:	<u>Group 1</u> Date:
Date:	<u>Group 2</u> Date:	Date:	<u>Group 2</u> Date:	Date:	<u>Group 2</u> Date:
Date:	<u>Group 3</u> Date:	Date:	<u>Group 3</u> Date:	Date:	<u>Group 3</u> Date:
<b>Resilience *</b> <i>Maintaining a Hopeful Outlook</i>	<b>Resilience *</b> <i>Making Connections</i>	<b>Resilience *</b> <i>Connections to home</i>	<b>Resilience *</b> <i>Gratitude</i>	<b>Resilience *</b> <i>Positive Communication</i>	<b>Resilience *</b>
Date:	Date:	Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:	Date:	Date:

**Learning Engagement Tool (LET)** – To be conducted for all crew members once every 2 months. Session to be conducted in small groups of 4 to 6 people but not more than 10.

**Reflective Learning** – To be conducted for all crew members once every 2 months.

**\*Resilience** – To be conducted for all crew members every month. The Module “What is Resilience” is the introduction to Resilience. This should be completed for crew members who are new to Resilience training, prior to conducting the Resilience module scheduled for the month.

**Note:** The planner will be revised if any new module is released during the year. Please contact [qhse@maritectankers.com](mailto:qhse@maritectankers.com) if any of the above modules are not available on board.