Vessel:       Date:

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

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