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 1Date:       | Date:       | Group 1Date:       | Date:       | Group 1Date:       |
| Date:       | Group 2Date:       | Date:       | Group 2Date:       | Date:       | Group 2Date:       |
| Date:       | Group 3Date:       | Date:       | Group 3Date:       | Date:       | Group 3Date:       |
| 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:       |
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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 1Date:       | Date:       | Group 1Date:       | Date:       | Group 1Date:       |
| Date:       | Group 2Date:       | Date:       | Group 2Date:       | Date:       | Group 2Date:       |
| Date:       | Group 3Date:       | Date:       | Group 3Date:       | Date:       | Group 3Date:       |
| 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:       |