



Wellness at Sea

FROM SAILORS' SOCIETY

MARITIME SCHOOLS' CONFERENCE

2022

**Positive wellbeing for a
rewarding seafaring career**



PHILIPPINES - 5 NOVEMBER



Sailors'
Society



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Welcome

I am delighted to welcome you to our Wellness at Sea Maritime Schools' Conference, Philippines.

This conference is the third in our global programme of maritime school conferences this year. We are making a proactive investment in young minds because we recognise that today's cadets are tomorrow's workforce and future leaders.

As seafarers, you are the key workers of the sea. You will serve at the frontline of international supply chains, supporting global economies – so it is essential that your wellbeing is cared for from the beginning of your career.

Today's content has been specially tailored to focus on key issues facing today's seafarers and will help to prepare you for a long and fulfilling life at sea. It also builds on Sailors' Society's pioneering wellness training and support programme that will be there for you at every stage of your maritime journey.

As part of our support to you as seafarers, we would also like to invite you to join one of our cadet Peer-to-Peer support groups on WhatsApp (see page 11 in this programme). These safe spaces allow you to swap stories, ask for assistance or advice, and chat about your day-to-day lives and experiences. You can leave your group at any time should you decide that this is not for you.

For more than 200 years, Sailors' Society has been transforming the lives of seafarers and their families at home, in port and at sea through resources like the Peer-to-Peer groups, our port chaplaincy, crisis response network and work in seafaring communities.

As an international maritime charity, we work to provide practical, emotional and spiritual welfare support to the world's 1.6m seafarers, regardless of background or faith. Sailors' Society chaplains and ship visitors have a presence in 87 global ports and we have further projects and services, including family resiliency workshops, mobile medical units and school ferry boats, covering 21 countries.

If you are ever in need of support, you can reach us on our 24/7 confidential helpline at +1-938-222-8181 or instant chat via <http://sailors-society.org/helpline>. For more information on what we offer, please visit www.sailors-society.org.

In the meantime, thank you for joining us and I hope you enjoy today.



Sara Baade
CEO, Sailors Society



"The event was amazing and I learned a lot of new kinds of stuff regarding wellness. We thank you for giving us the opportunity to attend this amazing and wonderful session."

A 2022 conference participant

Introduction to the Wellness at Sea Maritime Schools' Conferences

Sailors' Society has designed this online conference especially for Filipino maritime colleges and for you, their current cadets.

With the global pandemic and war in Ukraine placing extra pressures on the world's seafarers, and rates of anxiety and mental health issues arising, the need for wellness and wellbeing support has never been greater.

Since 2015, Sailors' Society has been providing comprehensive wellness support and training for seafarers and their companies under our pioneering Wellness at Sea programme, and we recognise the importance of offering this wellness education and assistance from the earliest point in a seafarer's career - cadetship.

Your wellbeing, now and into the future, is at the heart of this day-long conference, with practical sessions on mental health, onboard coping skills and the importance of personal wellbeing at sea.

Our presentations are being given by industry leaders and, through their expertise, we are addressing the key issues facing today's seafarers including working in a world with Covid, the current war in Ukraine and diverse workforces.

We are delighted to welcome Dr Conrad Oca, President of AMOSUP; Mailyn Borillo, Head of OSM Philippines; Dr Maria Gia B. Sison, Head of the Wellness Center at Makati Medical Center; Atty. Iris

Baguilat, President of Dohle Seafront Crewing (Manila) Inc.; and Capt Theodoros Gad, Crew Training & Development Manager at A.M. Nomikos Transworld Maritime Agencies S.A. as our regional experts for our Wellness at Sea Maritime Schools' Conference, Philippines.

Alongside these presentations, this conference offers interactive sessions and practical advice, including a session on how to get a job in a tough industry.

We hope that all of these will equip and empower you with awareness and skills that will serve you throughout your seafaring lives.



Johan Smith
Head of Wellness, Sailors' Society



"It's a golden opportunity to gain knowledge attending this conference. I am very thankful for the authorities for giving us such a golden opportunity."

Bhardwaj Manan, Anglo-Eastern Maritime Academy

AGENDA

PHILIPPINES - 5 NOVEMBER 2022

MORNING SESSIONS

- 08:30 – 08:45** **Welcome address**
Johan Smith, Head of Wellness, Sailors' Society and
Alfonso Pablo, Executive Director, Homer Foundation
and Head, Magsaysay Maritime Corporation (MMC)
- 08:45 – 09:05** **Inaugural address**
Dr Conrad Oca
President, AMOSUP
- 09:05 – 09:15** **Have your say - interactive session**
- 09:15 – 09:25** **How the maritime landscape is changing and how this is influencing wellness**
Marilyn Borillo
Managing Director of OSM Philippines
- 09:25 – 09:45** **Introduction to Sailors' Society**
Sara Baade
CEO, Sailors' Society
- 09:45 – 10:00** **Wellness as key to a successful career**
Dr Maria Gia B. Sison
Head, Wellness Center at
Makati Medical Center
- 10:00 – 10:25** **Panel discussion 1:**
Your questions about life at sea
The challenges and solutions - student perspectives
A Q&A with Alfonso Pablo in conversation with
student representatives
- 10:25 – 10:45** **Lucky draw and tea/coffee break**
- 10:45 – 10:55** **Have your say - interactive session**
- 10:55 – 11:10** **Wellness for young seafarers - a P&I club perspective**
Anuj Velankar
Regional Loss Prevention Director, Thomas Miller
- 11:10 – 11:30** **Mental health in maritime – practical tips**
Dr. Deepti Mankad
Regional Coordinator, Wellness at Sea
- 11:30 – 11:50** **Tips for trauma and disruptive events: expecting the unexpected**
Toon van de Sande
Safety and Security Consultant, Spiritension

AFTERNOON SESSIONS

- 11:50 – 12:00** **Have your say - interactive session**
- 12:00 – 13:00** **Lucky draw II and lunch break**
- 13:30 – 13:55** **Panel discussion 2:**
Diversity in maritime industry
Jebson Rederri G. Gamido, President, Positibong
Marino Philippines
Michael Estaniel, President,
Trans-Global Maritime Agency
- 13:55 – 14:15** **The psychology of conflict – being a seafarer in a time of war**
Alexander Dimitrevich
COO, Mental Health Support Solutions & Chief
Consultant of GoCrisis org
- 14:15 – 14:35** **Why the wellness of cadets is important: A shipping company perspective**
Capt Theodoros Gad,
Crew Training & Development Manager,
A.M. Nomikos Transworld Maritime Agencies S.A.
- 14:35 – 14:50** **Lucky draw and tea/coffee break**
- 14:50 – 15:10** **Legal Matters**
Atty. Iris Baguilat
President, Dohle Seafront Crewing (Manila) Inc.
- 15:10 – 15:30** **How to get a job in a tough industry**
TURTLE
- 15:30 – 15:45** **Concluding remarks and evaluation**

Conference Speakers

INAUGURAL ADDRESS



Dr Conrad Oca

President, AMOSUP

Dr Oca is President of the more than 100,000-strong Associated Marine Officers and Seamen's Union of the Philippines.

He is Chairman of the Boards of AMOSUP-PTGWO-ITF and the union-owned Seamen's Hospitals in Manila, Bacolod, Cebu, Iloilo, and Davao, which extend healthcare delivery to thousands of members' dependents and union employees. He is Chairman of the Maritime Academy of Asia and the Pacific Board of Governors as well as the Chairman of the Board of Trustees of the various Provident Funds the Union administers. He heads the negotiation panel of the Union in collective bargaining with the employers' group.

He is also a member of various national professional organizations and as a labour union official, he is Chairman of the Philippines' National Coordinating Committee, which oversees the activities of the other transport workers' unions in the Philippines. He is a member of the National Tripartite Industrial Peace Council and the National Maritime Polytechnic and a member of different local and national organizations involved in the maritime labour industry.

Dr Orca is a Doctor of Medicine and a medical practitioner. He has a Bachelor of Science in Physical Therapy, a full medical degree and a master's degree in Hospital Administration and a Certificate in Business Economics. He is an active member of the International Maritime Health Association where he regularly participates in its international conferences and has, on several occasions, presented technical papers on various maritime health aspects.

KEYNOTE SPEAKER



Mailyn Borillo

Managing Director of OSM Philippines

Mailyn Borillo leads OSM Philippines as Managing Director of OSM ROHQ and President of our local agency, OSM Maritime Services. She is the first female Managing Director and President of OSM Philippines, the leading provider of technical and digital asset management services to the offshore and maritime industry.

She has been a maritime industry professional for almost 30 years, with experience from the Philippines and Denmark. Ms Borillo has previously held leading positions in vessel operation, finance, technical purchasing and marine HR at other maritime majors. Prior to joining OSM, Mailyn headed the Philippine crewing agencies of Maersk and TORM.

She is a strong advocate of corporate social responsibility being a board member of OSM-AD Foundation and TORM Foundation. Borillo is also one of the InLife Sheroes Ambassadors of Insular Life Foundation. Both onshore and offshore, OSM has always been driven by a strong team spirit, and a united drive to deliver superior performance.



Dr Gia B. Sison

Head, Wellness Center at Makati Medical Center

Dr Gia B. Sison is a practising medical doctor specializing in Occupational Medicine and is a graduate of the University of Sto. Tomas. She herself is a breast cancer survivor for almost five years now and is currently the Philippine Leader for Livestrong Foundation and the National Adviser of the Youth for Mental Health Coalition.

She is the former Chief Medical Officer of Global Telehealth Incorporated and a co-founder of #HealthXPh which promotes the responsible use of social media in healthcare amongst others. She was a previous project consultant to the World Health Organization Western Pacific Regional Office on Health Lifestyle in the Workplace.

She is currently the Head of Makati Medical Center's Wellness Center. She is a staunch mental health advocate and started a project called Unsaid Feelings at www.unsaid-feelings.com which serves as a platform where individuals can write and let their feelings out with no judgment.

Dr Sison also hosts her own digital series on CNN Philippines, G Talks which talks about life, love and anything mental-health related. She has also launched a project called Padayon PH at padayonph.com which aims to serve as a mental health resource hub hoping that more people gain access to these resources.

Conference Speakers



Atty Iris Baguilat

President, Dohle Seafront Crewing (Manila) Inc.

Atty Iris Baguilat is the President of Döhle Seafront Crewing (Manila), Inc., the premier Philippine manning arm of the Peter Döhle Group. She is also a trustee of two leading maritime groups: the ALMA Maritime Group consisting of 74 licensed Philippine manning agencies responsible for deploying more than 150,000 Filipino seafarers, and the Maritime Law Association of the Philippines.

An innovative, transformational, and results-driven leader, Atty Iris Baguilat is focused on achieving remarkable outcomes in a highly competitive environment that demands continuous improvement and agility.

As a seasoned legal practitioner, lecturer, and consultant in maritime law, she is a Master of Marine & Environmental Laws, and holds a Bachelor of Laws (LL. B.), from the University of the Philippines.

This proactive leader is dedicated to updating and improving shipping laws in the Philippines. She has held executive positions in various companies and organizations in the Philippine maritime sector and is well-recognized for managing start-ups, pioneering industry and organizational transformations, and leading business expansions. She is also an academic achiever and scholar - local and abroad - and an influential people manager anchored on developing high-performing teams in highly complex organizations.



"Thank you for the webinar today. It was a pleasure to attend this wonderful webinar. I have learned so many new things today which I am sure are going to help me in future."

A 2021 conference participant



Sara Baade

CEO, Sailors' Society

Sara joined Sailors' Society as CEO in September 2020, leading the global maritime charity's work reaching out to 200,000 seafarers, their families and communities in need every year.

Sailors' Society's pioneering mental health and wellbeing training support programme has benefitted more than 34,000 seafarers to date and its ground-breaking Wellness at Sea Maritime Schools' Conferences are empowering cadets with awareness and skills that will serve them throughout their seafaring careers.

Sara is also chair of The International Christian Maritime Association (ICMA) and has extensive experience in leading an international welfare charity from her previous role as CEO of The Army Families Federation. Her career includes working as a senior civil servant for the Department of Business Innovation and Skills, a directorship at the charity UK Skills and substantial experience in investment banking.

Sara lives in Berkshire in the UK with her 12-year-old twins.

sailors-society.org



Capt Theodoros Gad

Crew Training & Development Manager, A.M. Nomikos Transworld Maritime Agencies S.A.

With over 20 years of experience in the maritime industry, both in seagoing and shore-based positions, Capt Gad started his sea-going career in 1999, graduating from Merchant Marine Academy in 2003 and serving on tanker vessels up to 2013. With a Captain Class A license holder and a Masters in Operations and Management from City University, London, Capt Gad has worked as a Marine Superintendent, HSQE Officer, and CSO. He currently holds the position of Crew Training and Development Manager in A.M. Nomikos TWMA.

The company was established in 1958 by Anastasios and Angele Nomikos in Greece and was originally involved in coastal shipping. Over the past six decades, it has grown into all main types of dry bulk vessels, with a principal focus on the geared segment. The Company has also expanded its capabilities in the management of container ships.

The need to enhance crew awareness and status on mental health issues has guided A.M. Nomikos to follow the industry's best practices and tools. By making collaborations with esteemed societies, such as Sailors' Society they can offer wellness training to crew from the early recruitment stages, through a cadetship program, to onboard ships.

Conference Speakers



Alexander Dimitrevich

COO, Mental Health Support Solutions & Chief Consultant of GoCrisis.org

Alexander, as Chief Operating Officer in Mental Health Support Solutions and Chief Consultant of GoCrisis.org, relocated to Europe to organize crisis response events for Ukrainian refugees. He has been working with seafarers and their families, air pilots, cabin crews and other Ukrainians who had been evacuated into Europe giving counselling, training and humanitarian support.

Alexander is a clinical and crisis psychologist. With a master's degree at Odessa National State University, he has worked for different international and national organizations including Sailors' Society as the Crisis-at-Sea Response programme coordinator and consultant. He is trained and experienced in organizing and providing support for trauma survivors and helping seafarers affected by piracy and other calamities. Several programmes he has worked for have won awards, including Safety at Sea and Seatrade Maritime Security Awards.

Alexander has a Maritime Lloyd's Academy Diploma in Crew Management and he is a March on Stress associate. He is also trained in Trauma Risk Management. He is a co-author and trainer of the Three-Layer Psychosocial programme which is a support system for trauma survivors. He is also a certified Wellness at Sea trainer.



Dr Deepti Mankad

Regional Coordinator, Wellness at Sea

Dr Deepti Mankad is an excellent communicator and well-informed expert in her field of professional development. She is the founder of Mindspeak and a professional development trainer, consultant and the Regional Head [India] for Sailors' Society's Wellness at Sea programme.

Belonging to a seafarer's family, she has run maritime training, coaching and assessment for seafarers and their companies for over 12 years now, conducting sessions on mental health and wellbeing, and empowering seafarers to handle emotional disturbances. She also holds psychological first aid training for seafarers with the objective of helping troubled seafarers onboard, and provides counselling services for seafarers and their families.

Deepti has a doctorate in Multiple Intelligence and is a certified Maritime Crew Resource Management [MCRM] trainer. She is certified as a psychometric assessor by Thomas International Management Systems Ltd. Deepti has received various awards including the 2022 Maritime Wellness Coach & Trainer of the Year by International Brilliance Awards (IBA), Maritime Wellness Coach & Trainer of the Year by National Education Brilliance Awards (NEBA) 2022 and The Real Super Woman Award 2022 by Forever Star India.

www.sailors-society/wellness

Conference Speakers



Alfonso Pablo

Executive Director, Homer Foundation, Inc. and Head of Crew and Family Engagement, Magsaysay Maritime Corporation

Alfonso "Jong" Pablo, Jr is currently the Executive Director of Homer Foundation, Inc - the Corporate Social Responsibility Arm of the Magsaysay Group of Companies involved in Shipping and Logistics. He is also Head of Crew and Family Engagement of Magsaysay Maritime Corporation.

A management professional, he has more than two decades of broad experience in the fields of human resource & administration, marketing, business development, resource mobilization, communications, support services and community development, with capability gained from leading financial, manufacturing, service, shipping, educational, and community development industries.

In his spare time, Jong teaches at the University/Academe both in the Undergraduate and Graduate schools – subjects focused on the areas of Organization and Management, Human Resource, Leadership and Strategic Management.



Toon van de Sande

Safety and Security Consultant, Spiritension

Toon is a member of the Advisory Board of Human Rights at Sea. He is a certified trainer for the Wellness at Sea programme and delivered that course in Odessa in 2016. Regularly, he works in inland shipping as a first mate. He is also assisting several companies in first emergency response and disruptive events assessment.

From 2012-2015 Toon was Assistant Programme Director for the Maritime Piracy Humanitarian Response Programme (MPHRP). His key tasks then were the development of several training courses. He trained 300 participants to enable them to convene the Pre-Departure Piracy Awareness course in the UK, India, Ukraine, Thailand, Indonesia, Vietnam and the Philippines.

Toon worked abroad as a pastor for the Dutch Dredging and Offshore Industry from 2000-2012, providing counselling and first emergency response. From 1991-2001, he worked as a port chaplain in the Port of Rotterdam. From the start of 1995, Toon was involved in the development and organisation of the International Christian Maritime Association (ICMA) Seafarers' Ministry Training (SMT).

Conference Speakers



Johan Smith

Head of Wellness, Sailors' Society

Johan joined international maritime welfare charity Sailors' Society in 2014 to develop and lead its Wellness at Sea programme, a pioneering initiative which empowers seafarers to prepare and keep physically and mentally fit for life at sea.

The Wellness at Sea programme has since grown to become one of the leading wellness interventions for the shipping industry, benefitting thousands of seafarers every year and winning a Safety at Sea award for Best Crew Welfare Programme and a Seatrade Award for Investment in People.

Johan has worked with seafarers for many years, previously serving as a port chaplain for six years in Cape Town, South Africa. It was during this time that he became aware of the challenges many seafarers face as a result of life at sea and in 2011 started developing his work on a wellness programme to meet their needs. Johan studied theology and is also a qualified social worker.

www.sailors-society/wellness



Anuj Velankar

Regional Loss Prevention Director, Thomas Miller

A master mariner, Anuj joined UK P&I Club in 2012 after 17 years at sea, sailing and commanding oil tankers and other vessels for various shipping companies.

A hugely respected and experienced marine professional, who has earned his stripes at sea, Anuj is responsible for handling the loss prevention and risk management aspects of members in Southeast Asia. Anuj is also involved in claims handling work for the local members.

The UK P&I Club is one of the leading providers of P&I insurance and other services to the international shipping community. At the start of the pandemic, Anuj was instrumental in setting up the Club's webinar series as the Club pivoted online to keep members and the wider marine sector updated on industry developments. Since April 2020 the Club has hosted nearly 20 webinars accumulating an impressive 20,000 attendees.

TURTLE

TURTLE

As a team of industry professionals, we at TURTLE enable seafarers to run a fair and self-determined recruitment process and offer reputable ship owners direct hiring possibilities to global verified seafarers. Our job marketplace connects ship owners and seafarers directly, based on a special match algorithm - on an equal footing and as partners.

TURTLE works transparently and is compliant with MLC 2006 and the General Data Protection Regulation (GDPR) of the European Union. The company was established in 2020 by Isabelle Rickmers in Hamburg, Germany. In 2021, a second location was established in Gdynia, Poland.

TURTLE's marketplace is constantly growing: more than 37,000 seafarers are registered on our platform, and we are happy to have more than 20 owners on board.



"This was my first ever event in the maritime domain, everything was superb and wonderful. All of the speakers were equally brilliant and shared great experience and knowledge."

A 2021 conference participant

ALL YOU NEED TO KNOW ABOUT PEER-TO-PEER SUPPORT

It's often helpful to talk to other people who have lots in common with you.
That's why Sailors' Society set up our Peer-to-Peer Support Groups.

These WhatsApp groups have proved hugely popular with crews and cadets keeping them in touch with others in the same position, wherever they are around the world. Peer-to-Peer Support Groups are safe spaces where members can swap stories, ask for assistance or advice, and chat about their day-to-day lives and experiences.

Through regular contact, you can build relationships, benefit from a social support network and gain access to welfare services.

How do these groups work?

- Groups are WhatsApp or Telegram based
- Each group consists of no more than 20 seafarers and a moderator
- Members are asked to comply with a set of group rules, including confidentiality

The moderator will:

- Check the groups daily
- Post wellness-related subject matter twice per week
- Ask prompting questions
- Partake in general conversation
- Provide support and be available for individual chats outside the group
- Refer red flags to our Crisis Response Network or chaplains

To sign up go to

sailors-society.org/peer-to-peer-support

Please note you can leave your group at any time.

FACING THE FUTURE TOGETHER



Sailors' Society is there for you throughout your career.

Our chaplains visit ships in 87 ports around the world, reaching 200,000 seafarers every year.

We bring free Wi-Fi to call home as well as welfare support, a listening ear and, where restrictions allow, lifts to town or to medical facilities.

We also work in seafaring communities around the world, providing grants and running projects to meet local needs from medical clinics to schools.

We're committed to caring for seafarers and their communities who need us, now and into the future.

sailors-society.org

**FACING THE FUTURE
TOGETHER**



CRN

CRISIS RESPONSE NETWORK

SAILORS' SOCIETY

HELP IN A CRISIS



Sailors' Society's Crisis Response Network provides free 24/7 care and support for seafarers and their families following critical incidents such as accidents, piracy/robbery, abandonment, natural disasters, suicide and other situations when coping is difficult.



Need help?

Call: +1-938-222-8181

Instant chat: sailors-society.org/helpline

Email: crisis@sailors-society.org

Visit: www.sailors-society.org/support-for-seafarers

**FACING THE FUTURE
TOGETHER**

Thank you to our conference partners and all our maritime college partners

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A.M. NOMIKOS was established in Greece in 1958 by Anastasios and Angele Nomikos. The Company was originally involved in coastal shipping and over the past six decades has grown into all main types of Dry Bulk vessels, with a principal focus on the geared segment. The Company has also expanded its capabilities in the management of container ships as well.

The need to enhance our crew awareness and status on mental health issues, by focusing on the proactive identification of such and the resilience improvement, has guided us to follow the industry's best practices, tools and collaborations with esteemed societies in this direction. Such are offered to our crew from the early recruitment stages, through our cadetship program and onboard our ships.

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Inmarsat delivers world-leading, innovative, advanced and exceptionally reliable global, mobile communications across the world – in the air, at sea and on land – that is enabling a new generation of commercial, government and mission-critical services. Inmarsat is powering the digitalisation of the maritime industry, making operations more efficient and safer than ever before. It is driving a new era of inflight passenger services for aviation while ensuring that aircraft can fly with maximum efficiency and safety. Furthermore, Inmarsat is enabling the rapid expansion of the Internet of Things (IoT) and enabling the next wave of world-changing technologies that will underpin the connected society and help build a sustainable future. And now Inmarsat is developing the first-of-its-kind, multi-dimensional communications network of the future, ORCHESTRA.

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Wellness at Sea

FROM SAILORS' SOCIETY



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