

2022 WELLNESS AT SEA MARITIME SCHOOL CONFERENCES:

Positive wellbeing for a rewarding seafaring career

Designed especially for maritime colleges and their current students, these online conferences will explore the all-important subject of wellbeing and mental health, helping prepare cadets for a long and fulfilling career at sea.

Chaired by Johan Smith, Sailors' Society's head of wellness and the charity's lead on its pioneering Wellness at Sea programme, the events will feature talks from industry leaders, interactive sessions and practical advice, equipping and empowering participants with awareness and skills that will serve them throughout their seafaring lives.

WHERE: Online

WHO: Students at participating Maritime Colleges

COSTS: Free to all students - a voluntary donation in support of Sailors' Society's work will be asked from participating schools

For more information and to book your places, please contact **Johan Smith** on jsmith@sailors-society.org

India
3 August



Africa
21 September



Philippines
22 September



Greece
20 October



"I found this event really insightful and helpful, especially the crisis response information and how to handle stress and workload. All of the speakers were brilliant and shared great experience and knowledge."

A 2021 participant