

Asking for help ..

IS PART OF THE JOURNEY TO RECOVERY



GROWTH MINDSET

Asking for help promotes a growth mindset - growth means expansion if you have a fixed mindset you will only feel stuck and more frustrated. A growth mindset comes with vulnerability and courage. Challenge your belief system around asking for help - are your reasons justified?



STRENGTHEN RELATIONSHIPS

Asking for help strengthens relationships - People have more respect for others who can admit to their vulnerabilities or weaknesses. If you want to build real connections and be an admirable leader be genuine.

The Crew Coach

Karine started her yachting career over a decade ago. Using her background in psychology and organisational psychology, she has created a selection of successful services to combat the issues that exist in our industry from leadership to mental health. The services at The Crew Coach that promotes Crew Mental Health include:

Crew Counselling is a strictly confidential space to help you learn strategies to cope with life stressors.

TCC Tribe - a membership that is geared to realising your personal and professional aspirations while connecting with like-minded yachting professionals.

Mental Health First Aid -this is a 3 hours course at €187. For more info please email karine@thecrewcoach.com

The aims of the course are:

- Understand the prevalence of mental ill-health and its impact
- Recognise changes in behaviour and identify the warning signs of mental ill-health (in yourself and others)
- Have effective conversations around stress, health, and wellbeing
- Design healthier workspaces that promote wellbeing