



ESG SHIPPING
AWARDS

ESG BEST PRACTICES SERIES

SEAFARERS MENTAL HEALTH & WELLBEING

“IT’S OK NOT TO BE OK!”

Wellness

by

LEARNING SEAMAN

13 FEBRUARY 2024
GRAND HYATT ATHENS
www.esgshippingawards.com

Workshop Program

17.30 Registration & Welcome

18:00 - 20.00 Workshop & Discussion

20.00 - 21.00 Networking (cocktail & finger food)

TOPICS OF DISCUSSION

- Life onboard
- Understanding the Mental Health Challenges faced by seafarers and employees
- Mental Health Awareness & Types of Wellness
- Best practices to support mental health and wellbeing at sea and on board
- Lifestyle Medicine and the importance of sleep and physical wellness
- Meditation and Music for Mental Health
- Gender and Cultural Diversity & Inclusion for the Maritime Industry
- Developing an action plan for seafarers' mental health support

INDUSTRY EXPERTS

Karen Davis, Managing Director, OCIMF

Dr. Maria Carrera, World Maritime University

Yofis Florentin, Founder/CEO of Learning Seaman

Christos Kechris, HSQE Manager, Maran Gas Maritime Inc.

Dr. Kalliopi (Popi) Kalaitzi, MD, MSc

Dr. Deepti Mankad, Professional Development Trainer & Consultant – MINDSPEAK

Cpt Nikolaos Polymeris, Deputy Training Manager, Danaos Shipping Co. Ltd

Dr. George A. Baltas, MD, Chandris (Hellas) Inc.

Panos Zachariadis, Fleet Technical Director, Atlantic Bulk Carriers Management Ltd