



INTRODUCTION



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We continuously work to achieve a Zero Incident Industry...because we care. We care about our colleagues, our family and friends, the environment, our vessels and seafarers - and we demonstrate our care by managing the processes and barriers that keep each other safe.

The processes and barriers we manage are kept strong by the individuals and teams that care for them.

We are all born with the capacity to deal with challenge and this ability, just like one's ability to play a particular sport or instrument, can be improved and strengthened with practice and by learning new techniques.

Increasing and strengthening our capacity to deal with life's challenges helps us to be the best that we can be as individuals and teams; and is important component towards achieving and sustaining a Zero Incident Industry.

This programme is made-up of five core modules which can be delivered in any order. Each module focuses on a different area that makes up our natural capacity to deal with life's challenges- both in and outside of work. The five modules are;

- What is Resilience?
- Take Decisive Action
- Keep Things in Perspective
- Change is a Part of Living
- Take Care of Yourself

How does it work?

These modules will be delivered within five months, that's one module a month. It doesn't matter which order the modules are run in and it's ok to miss one and attend the next as long as you cover all modules.

Within the sessions we encourage you to bring your own examples and experiences to the discussions as this makes it a more relevant and richer conversation but this is entirely voluntary and you should only share what you feel comfortable to do so. All discussions about personal experiences within the sessions should be treated as confidential.

Feedback and Improving Resilience

At the end of the module if there are any themes that you think will help us improve the programme, we ask that you let us know by filling in a module feedback form (at the back of this guide) and sending it to; partnersinsafety@shell.com



MODULE 1: WHAT IS RESILIENCE?



WHAT IS RESILIENCE?

TOPIC	DETAILED INFORMATION
MODULE BACKGROUND INFORMATION	<p>Having a positive view of yourself is an important mind-set that helps you improve your performance, achievements and quality of life. It's not about smiling and denying the negative aspects of reality. It is an effective approach that improves your state of mind, leading to improved thought patterns, more options and will make a real difference in your life.</p> <p>It is also a choice and a skill that can be learnt.</p>
MODULE OVERVIEW	<p>Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress-such as family and relationship problems, serious health problems or workplace and financial stressors</p> <p>The group is given a short introduction to the concept of resilience followed by discussion on an example of resilient behaviour within their own experience. An overview of the Resilience modules will be given and individuals asked to commit to participating.</p>

EXERCISE ONE

★ Think of an example of a situation in everyday life where you or someone you know has demonstrated resilient behaviour. Write it here;

★ Discuss in pairs what resilience means in this situation.