



INSIGNIA CREW

Crew

Resilience

Training •

Build crew resilience

- Detect
- Intervene
- Manage

About CRT

What is Crew Resilience Training?

It is a **proactive, peer delivered, blended learning programme** which builds crew resilience to stress and potentially traumatic events. A training concept which was originally developed and practiced within the Royal Marines

Trained CRT crew will be able to support others following exposure to stress and potentially traumatic experiences by recognising indicators and applying clear management strategies.



About CRT

Why was CRT developed?



Life at sea for superyacht crew certainly provides many positive experiences, but it's not all plain sailing. They are exposed to all manner of incidents aboard and ashore, from accidental death and serious injury to assault and harassment.

Stress can build up due to working long hours, isolation, lack of rest and living in a confined space which equally impacts on mental health and wellbeing.

We believe that more needs to be done , industry wide, to support crew who are all at risk from exposure to stress and potentially traumatic events - the development and delivery of CRT is our response to this.



About CRT

The concept



**Proactive
not reactive**

Train crew on how to build their own resilience and recognise the signs from those aboard who are suffering mentally and how to help manage and support them. This proactive stance avoids unnecessary complications. Don't fall prey to too little, too late. Be prepared.



Peer delivered

Crew work together daily so they are best placed to recognise indicators. Easily accessible trained crew aboard with shared experiences who understand the job, yacht life and the pressures associated with it, can offer peer to peer support.



Productive

Resilient crew deliver lasting results through better performance, focus & efficiency



Why invest in CRT?

Duty of care

It is morally right to ensure that necessary training is provided to crew and as many procedures are implemented to affirm a safe and supported environment to work in.

Safety

Early identification and an affective response to crew in need of support may be a key differentiator to a safe working environment.

Productivity

Healthy happy crew can physically perform better - they have more energy, are more efficient and focused.

Retention & Reputation

Yachts implementing CRT send a strong message to their clients, guests and the crew community that welfare aboard is taken seriously which in turn attracts new/return business, crew members and increases the retention of those already employed.

Savings

Crew are a yacht's most important asset so this is where investment should be focused. Well cared for crew will commit long term and perform their best, saving both time and money.

About CRT

Why use us?

CRT is delivered by trained, experienced and award-winning Consultants

- all of whom have held accountable pressurised operational roles (UK Special Forces, the Royal Navy and Royal Marines)
- in challenging situations and environments, worldwide
- who are actively involved in PhD and Professional Doctorate research, positioning themselves at the forefront of the course development
- understand and appreciate the value of a positive work culture, attitude and mindset which produces enduring results

CRT has a sound, current, thoughtful and backed up academic base

- it is delivered with passion and belief, it is impactful and inspiring
- does not waste time - CRT is consolidated

NIGEL BOUCKLEY

TRAUMA RESILIENCE CONSULTANT

In 2010 Nigel trained as a TRiM Practitioner and shortly after a Team Leader, delivering stress management education, trauma resilience training and post-incident care both shore-based and at sea.

- a member of the Institute of Leadership & Management as a Level 5 Coach
- a Member of the Society for Education and Training as a qualified Teacher
- a RYA Coastal Skipper & Shorebased Yachtmaster





INSIGNIA CREW

**Enable crew to
understand more about
themselves and their
responses**

thus building their own resiliences

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