

Piraeus Club offers psychological and empowerment counseling for seafarers

In March 2020 the International Propeller Club of Piraeus decided to fund and offer a free psychological support and empowerment program for seafarers employed in Greek owned vessels.

This initiative was launched to support seafarers during the difficult times with the COVID-19 pandemic and includes an online interactive psychological counseling and coaching program. These innovative online sessions were designed and performed by the Athens based company [Potentia](#).

The team at Potentia connects with the ship and offers the online support

A brand-new, people-centered, creative holistic approach with the following topics to continually improve:

- Empowering coaching: Achieve self-awareness, build a positive mindset and encourage empathic listening. Cultivate a healthy work environment and create harmonious, functional relationships within the team.
- Resilience: Access and improve, in challenging times, the ability to bounce back and regain control.
- Wellness: Be proactive, preventive and self-responsible through an interactive pursuit associated with your body, mind and spirit, towards optimal holistic health. Establish an enduring culture of wellness and attain the highest potential for physical and nutritional well-being.
- Maritime Branding 1-O-1: Introduce clear Foreign Branding rules. Improve communication and presentation skills and gain self-confidence, both professionally and personally.

The Piraeus Club has been receiving great feedback from shipping companies and seafarers because they find the program to be an excellent support tool during these challenging times for the people at sea.