



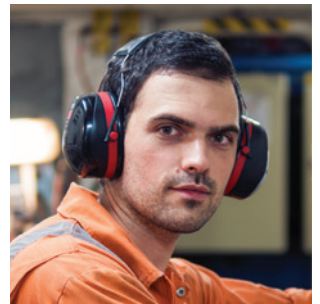
CALM THE STORM

Conflict can be upsetting for everyone involved and cause difficulties. Here are some useful tips to keep your relationships on an even keel, both at home and at sea:

- Check the source of the conflict
- Ask what you can do to resolve it
- Actively listen to what others have to say
- Show empathy and respect towards others, even if they don't share your point of view
- Take personal responsibility for your role in the conflict
- Don't be afraid to recognise if you are mistaken
- Work towards a positive solution that is mutually beneficial and collaborative

WHAT DO YOU SEE?

IT'S EASY TO JUDGE SOMEONE BECAUSE OF HOW THEY LOOK.



Ships are some of the most diverse workplaces in the world. By working well with people from other backgrounds and cultures, you can have a much better career at sea.

A great first step is to look past the stereotypes and get to know the rest of your crew. You might have more in common than you think!

