## People: Mind, Body & Spirit The 7 needs of the mariner

## MIND

Driver

Education, training, competencies

motivator:

Knowledge, understanding, aptitude, skill, proficiency

leads to:

Driver

Self awareness, self evaluation

motivator:

Mental ability, intelligence, personality, character, sensitivity

leads to:

**Driver** 

Communication. direction, teamwork, empowerment, character building

motivator:

Leadership interoperability, adaptability

leads to:

## **BODY**

Driver

Balanced diet, habitability, hygiene, exercise, rest, recreation, medical screening, D&A testing

motivator:

Energy, physical fitness, physical strength, stamina, wellbeing

leads to:

**Driver** 

Ergonomics, safe working practices, protective equipment, physical security

motivator:

Safety culture, security awareness

leads to:

## **SPIRIT**

Driver

Personal ethics, conscience, cultural integration, leadership, supervision, remuneration

motivator:

Pride, sense of purpose, identity, aesthetics, conviction, trust, expectation, realisation, belonging, loyalty, esteem, fellowship, security

leads to:

Religious belief, faith, self discipline

motivator:

Cultural awareness

leads to:

ECY

**Motivation** Competence

Safe / secure working environment Attitude Healthy & happy lifestyle Self actualisation

Moral values

DEVELOP / DESIGN / UPDA