

Ariadna Mayoral

Founder of Sea Wellbeing, Mentor and Professional Career Advisor (EN, ES)

Ariadna has developed her **entire professional career** in the maritime sector (6 years as an **officer onboard ships** and 9 years working for shipping companies **on land**). Before founding **Sea Wellbeing**, she worked for entities such as Salvamento Marítimo, Trasmediterránea, Carnival UK and Overseas Adventure Travel (GCC)



PROFESSIONAL CREDENTIALS

- > Anxiety and Stress Intervention Specialist
Complutense University of Madrid
 - > *Mindfulness Practitioner (Levels 1, 2, 3 & Master)*
Academy of Modern Applied Psychology. Member of CTAA - Complementary Therapists Accredited Association
 - > Senior Technician in Occupational Risk Prevention
The IMF Business School
 - > Leader-Coach Trainer
The University of Happiness (UFEL)
 - > Master in Personal Development and Leadership (Coach)
Rey Juan Carlos University
 - > *Project Management Professional (PMP®)*
Project Management Institute
 - > *CPE (Certificate of Proficiency in English)*
English level C2 Cambridge
 - > Bachelor of Environmental Science
Autonomous University of Madrid
- | **Mention of Excellence**

PERSONAL CREDENTIALS

- > Ariadna has a passion for exploration and has always stood out for her great desire to travel and engage in multicultural environments. Her own experiences on board allow her to empathise with seafarers, and tailor all programs and sessions to their needs, to ensure satisfactory results

Michelle Harradence

CIPD, Expert & Mentor (EN)

Michelle spent **6 years working onboard British ships** as an HR Manager, dealing with many challenging and highly stressful situations. She is a **certified Coach and Master NLP Practitioner**. She works with people to support and develop them to be the best versions of themselves. Currently expanding her skills through training specifically in Mental Health, her ambition is to **provide support to the seafaring community across the world**.



PROFESSIONAL CREDENTIALS

- > Chartered Member CIPD
Chartered Institute of Personnel and Development
- > INLPTA Certified Master NLP Practitioner
International NLP Trainers Association
- > ILM Accredited Coach
Institute of Leadership and Management
- >  Mental Health First Aider
MHFA England

PERSONAL CREDENTIALS

- > “I am passionate about people and their wellbeing. Raising awareness and erasing the stigma around mental health is so important; particularly in the seafaring community. The impact of self awareness and being able to build resilience should not be underestimated”

Matías Peinado

Military Clinical Psychologist and Mentor in the Navy (ES, FR)

Matías is a Navy professional and military psychologist. He has developed his professional career in different destinations with the Navy such as: **the General Staff of the Fleet**, as professor at the School of NCOs, as program of logistical support to submarines and finally as an **Analyst for the Armed Forces (CIFAS)**



PROFESSIONAL CREDENTIALS

- > Master's Degree in Psychology Research | **Mention of Excellence**
Universidad Nacional de Educación a Distancia (UNED)
- > University Expert in Psychopathology and Health
UNED
- > Bachelor of Psychology, Clinical Specialty
UNED
- > Psychologist at the Alzheimer's France Association
*Providing support to the sick, their family members and caregivers.
Trainer of professionals*
- > Graduated as Navy NCO | **Number One of his Promotion**
Navy NCO School
- > French Stanag NATO Level 4,4,4,3 (C1)
Armed Forces Language School

PERSONAL CREDENTIALS

- > With a great sense of responsibility and ability to work, he is passionate about his two professional lines, psychology and everything related to the sea. From his experience in both areas, he is considered a good connoisseur of the testing challenges and changes affecting the staff who perform their professional duties onboard.

Iain N MacKenzie

Master, Expert & Mentor (EN)

Ferry Master & Deputy Vice Chair Nautilus International

Iain came to seafaring following a period in sales and **running a transport and retail business**. Starting as a carpark attendant and working and developing through the ranks to become Master of one of the Companies Major Vessel fleet. **Joined Nautilus as a council member in 2007 and became Deputy Vice Chair of the only cross border Trade Union.**

He has been a part of training many cadets and has watched officers develop their careers and often **exceeding their own beliefs**. His strong belief that in any role *'we are only the custodians of knowledge'* and that we should endeavour to **share and expand the knowledge** and awareness for all onboard and ashore



PROFESSIONAL CREDENTIALS

- > Master Mariner Unlimited
UK CoC
- > Safety Officer
IOSH
- > Risk Management and Incident Investigation
Lloyd's Register
- > Maersk Marine Leader Transition
Maersk Training
- > HND Business Studies and Distribution
Aberdeen College of Commerce

PERSONAL CREDENTIALS

- > “Having sailed in many capacities onboard observing the characters and ways of the leaders and colleagues, how they interact and how the dynamic changes when stress and challenge is introduced, with the training and guidance received throughout my career and the authors studied, I feel equipped with the understanding and empathy required to help others to achieve their higher potential”

Marga Lalande

Clinical Psychologist and Mentor (ES, FR)

Marga holds a **Degree in Clinical Psychology** with a **Postgraduate Degree in Mental Health**. She is a therapist specialising in stress, anxiety, trauma, depression and risk groups who have been exposed to extreme situations. Marga is a member of the **national support network for terrorism victims** of the Home Office (Spanish Ministry of Interior). As a health trainer, she is also a facilitator in soft-skills, stress management, anger, emotional intelligence and communication skills.

She is passionate about **vulnerable communities in unique areas**. As coordinator of the **NGO Open Arms psychological support team**, Marga serves crew and volunteers who carry out the ships rescue missions, providing support in **situations of distress on site**.



PROFESSIONAL CREDENTIALS

- > Coordinator and psychological support for crew members and passengers onboard the ship 'Open Arms'
Open Arms NGO
- > General Health Psychologist, Postgraduate in Mental Health
Universitat de Barcelona
- > Member of the National Network to Support Victims of Terrorism
Ministerio del interior (Spanish Ministry of Interior)
- > Member of the network of Psychologists
RENFE

PERSONAL CREDENTIALS

- > Being a psychological consultant is not enough for M. Lalande. She is passionate about different groups, and constantly steps out of her comfort zone and into unique areas. Without hesitation, she has profound experience in caring on site for people such as the crew of NGOs affected by rescues or accident victims, as well as promoting healthy habits in the population. Her great capacity to empathize strongly and her assertiveness allows Marga to adapt her knowledge to any situation.

Mario Villarejo Peralta

International Executive & Team Coach, Leadership Development (EN, ES, FR)

Mario is an **International Organisational Transformation Director, Executive & Team Coach**, with over 15 years' experience in leading international corporations through complex development programs. **He's multilingual and able to inspire individuals, teams and organisations in English, French and Spanish.**

He has **numerous qualifications in executive coaching and organisational development.** He's certified in the use of the Leadership Circle and NTL Organisational Development. He's also a Six Sigma Green Belt, a recognised **Project Manager Professional (PMP®)**, and he's certified by the **International Coach Federation (ICF).**

Because of his varied background and his graceful, easy-going nature, Mario specialises in **building bridges across different cultures, contexts, and levels of seniority.**



PROFESSIONAL CREDENTIALS

- > Organisational Development Practitioner (OD)
NTL Institute
- > Dialogic Coaching - ACC (ICF)
Universidad Francisco de Vitoria
- > Organisational Relationship System Coaching
CRR - ORSC
- > Leadership Circle
TLC
- > Project & Programme Management Professional
PMI & MSP

PERSONAL CREDENTIALS

- > “I thrive on assisting organisations to transform multicultural and cross functional teams with special focus on people as the drivers of change.

We must put people first....”

Martha Espin

Clinical Psychologist and Bilingual Mentor (EN, ES)

Marta is a **General Health Psychologist** and has **4 years of experience** aboard ships in the Spanish Navy, as well as in military arsenals and commands



PROFESSIONAL CREDENTIALS

- > **Master's Degree in General Health Psychology**
International University of Valencia
- > **Degree in Psychology**
Murcia University
- > **Effective Communication, Emotional Intelligence, and Nonverbal Language**
Murcia University
- > **Teaching English as a Foreign Language (TEFL/ TESOL)**
Ofqual (United Kingdom)
- > **Two courses in Vipassana Meditation**
The Vipassana Foundation
- > **Mindfulness research project**
University of Murcia in collaboration with the Mindfulness Project (Thailand)

PERSONAL CREDENTIALS

- > Martha enlisted in the Navy at the age of 18 and combined her studies while sailing. She has always been uneasy about the news, and that led her visit 14 countries of the world, with constant desire to understand different cultures.

She is 100% bilingual (Spanish-English)
Her 4 years aboard Navy ships make her a fantastic connoisseur when it comes to life at sea

Liam Horan

Career Assessment expert & Mentor (EN)

Liam is **Managing Director of Sli Nua Careers Ltd**, one of Ireland's leading career training agencies. He has helped hundreds of candidates to **advance their careers** – changing their career direction midstream, landing a dream job or just getting started with their first post after college.

Liam is a nationally published **Careers Columnist with TheJournal.ie**, 12 regional Irish newspapers, and regular contributor to careers discussions on **regional and national radios in Ireland and the UK**.



PROFESSIONAL CREDENTIALS

- > Entrepreneur & Business Owner, Job-searching expert, Media and Interview Trainer
Sli Nua Careers
- > Business Mentor & Consultant – accredited mentor
Biz Mentors programme
- > Communications Officer
Galway Technology Centre
- > Sports and News Journalism Lecturer
National University of Ireland, Galway
- > Journalism
Dublin Institute of Technology

*Award-winning
Journalist &
Broadcaster*

PERSONAL CREDENTIALS

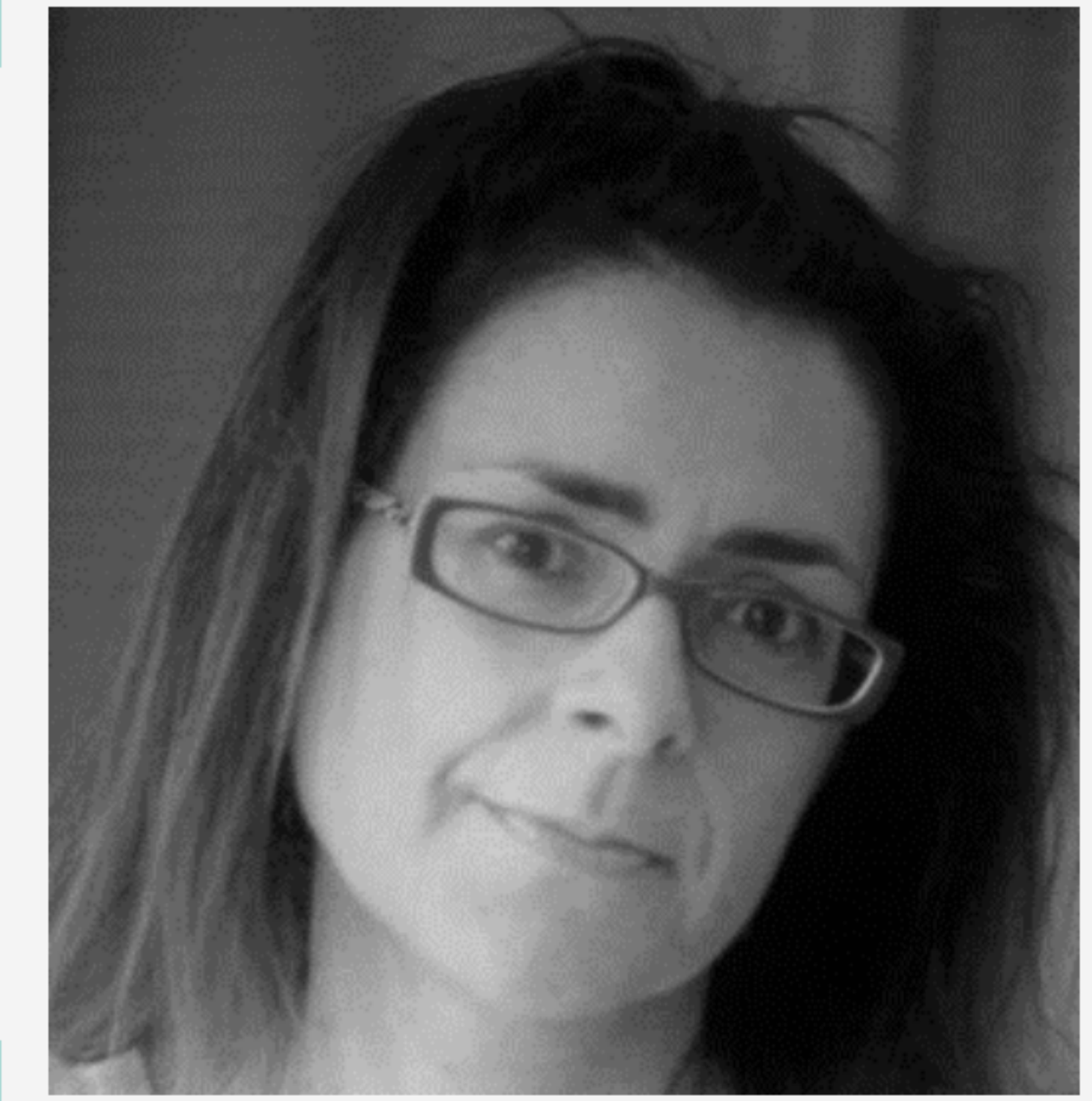
- > “Each candidate has individual needs – I specialise in taking the time to fully understand those needs. There is no one-size-fits-all solution. Once I establish an understanding of their needs, and build rapport, I can help them to achieve their goals.”

Inés González

Career Coach, Mentor & Trainer (ES, EN)

Over 20 years' international experience living and working abroad. Her career includes experience in multinational companies such as Oracle and Pfizer. Since 2013, Inés has focused on **advising professionals and entrepreneurs** (personal mentoring and face to face training) to reach their full potential.

Her main areas of expertise are **personal branding, networking, interview/meeting preparation and public speaking (TED style)**. She is a regular speaker for the **Council of Spanish Residents in Ireland** and **Co-Founder of the Circle of Spanish Entrepreneurs in Ireland**.



PROFESSIONAL CREDENTIALS

- > Advanced Diploma in Personal and Executive Coaching
Kingstown College, Dublin
- > Postgraduate Higher Diploma in Counselling and Psychotherapy
Dublin Business School
- > Communications Officer International Certification in Coaching by Values
ESADE Business & Law School, Barcelona
- > Degree in Economics
Carlos III University, Madrid

PERSONAL CREDENTIALS

- > She believes in the true value of each individual. Her motivation is to help those recognize and develop those skills with confidence. She has proved that a holistic approach for professionals, which includes wellness tools, is the key to long term success.

Laura Rodríguez Reina

Psychologist. Postgraduate degree in HR Management and Labour Management (ES, EN, IT)

Laura has developed her entire professional career in the maritime and hotel sector around the world. She began **studying Psychology on board after observing her peers experience difficulties in managing stress and anxiety**, especially with the inability to communicate her concerns with her superiors on the hierarchical scale that the ship allows.

"I work to understand the behavior of crew members and their needs in order to improve their coping skills and strategies for the good of the organization"



PROFESSIONAL CREDENTIALS

- > Postgraduate degree in HR Management and Labour Management
International Graduate School
- > Degree in Psychology
Open University of Catalonia
- > Professional Degree in Spanish Dance and Ballet
Seville Dance Conservatory
- > Common European Framework of Reference for Languages
Open University of Catalonia
- > Accreditation of skills in information and communication technologies
Open University of Catalonia

PERSONAL CREDENTIALS

- > Years of experience as a professional dancer have given Laura key skills such as motivation, creativity, time management, concentration and stress and anxiety management.
These skills, together with the knowledge acquired, successfully aid her in the search to provide strategies to seafarers for the benefit of their mental health and the maintenance of their motivation to remain onboard.

Lauren Williams

Project Manager and Mentor (ES, EN)

Lauren has been working on ships for over 5 years for Carnival Cruise Lines. Her main job as cast manager has her overseeing and looking after a team of 8 people, making sure things run smoothly on a daily basis.

She is responsible for supporting and developing her team members skills, and focusing on their general wellbeing on board both professionally and personally in a very challenging environment.

Having trained on her craft for many years, Lauren has gained valuable knowledge, discipline and experience in order to provide a healthy and happy work space for herself and her fellow seafarers.



PROFESSIONAL CREDENTIALS

- > Certification in Social Psychology
University of Queensland Australia
- > Certification in Nutrition and Health
Wageningen University
- > Mental Health First Aider
MHFA England
- > Three Year Diploma in Musical Theatre
Italia Conti Academy of Theatre Arts



PERSONAL CREDENTIALS

- > “Ensuring a safe and secure atmosphere onboard is priority, it goes hand in hand with the demanding environment that a ship provides. I have experienced first hand the importance of providing seafarers with emotional, physical, and mental stability. It is key to retaining the talented and gifted crew. We must always seek to do more in order to maintain a healthy work life balance for our crew members on ships”

Helen W Jarrett

NLP Practitioner & Life Flow Coach (EN)

Helen first went to sea in her early twenties, working as the **Social Hostess for Holland America Line**. This firmly anchored her **love for the ocean and the well-being of all who sail upon it**. Planning crew activities to boost morale onboard soon became a necessary passion as she became more aware of the stresses of onboard life. Now back on land she has since been building on that mission by getting trained in various **mental health complementary practices including NLP and Ho'oponopono**.

She has worked in various industries on land from education to coaching, non-profit to special events. Across them all she became aware of the need for mental health support. Helen believes that *“the old saying of treating people how you want to be treated is true wherever we go. We have got to be there for each other in any way we can”*



PROFESSIONAL CREDENTIALS

- > NLP Practitioner
INLPTA
- > Psychological First Aid
John Hopkins University
- > Risk Management
Holland America Line
- > Social Hostess
Holland America Cruise Line
- > BA, Communications; Emphasis in PR
University of the Pacific

PERSONAL CREDENTIALS

- > “Life at sea can be so hard to explain to people on land: the isolation, the monotony, the stress and the homesickness. To be able to connect with our seafarers wherever they are around the globe and equip them with the mental tools to cope and let them know they are not alone is a cause very dear to my heart and I am honoured to be part of that journey”



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**"SELF-LEADERSHIP IS THE KEY TO SUCCESS IN ALL FACETS OF
LIFE"**

