



OEUK CONFERENCE

Creating a Sense of Connection
& Belonging in Remote Worksites,
Enhancing Crew Health & Well-being

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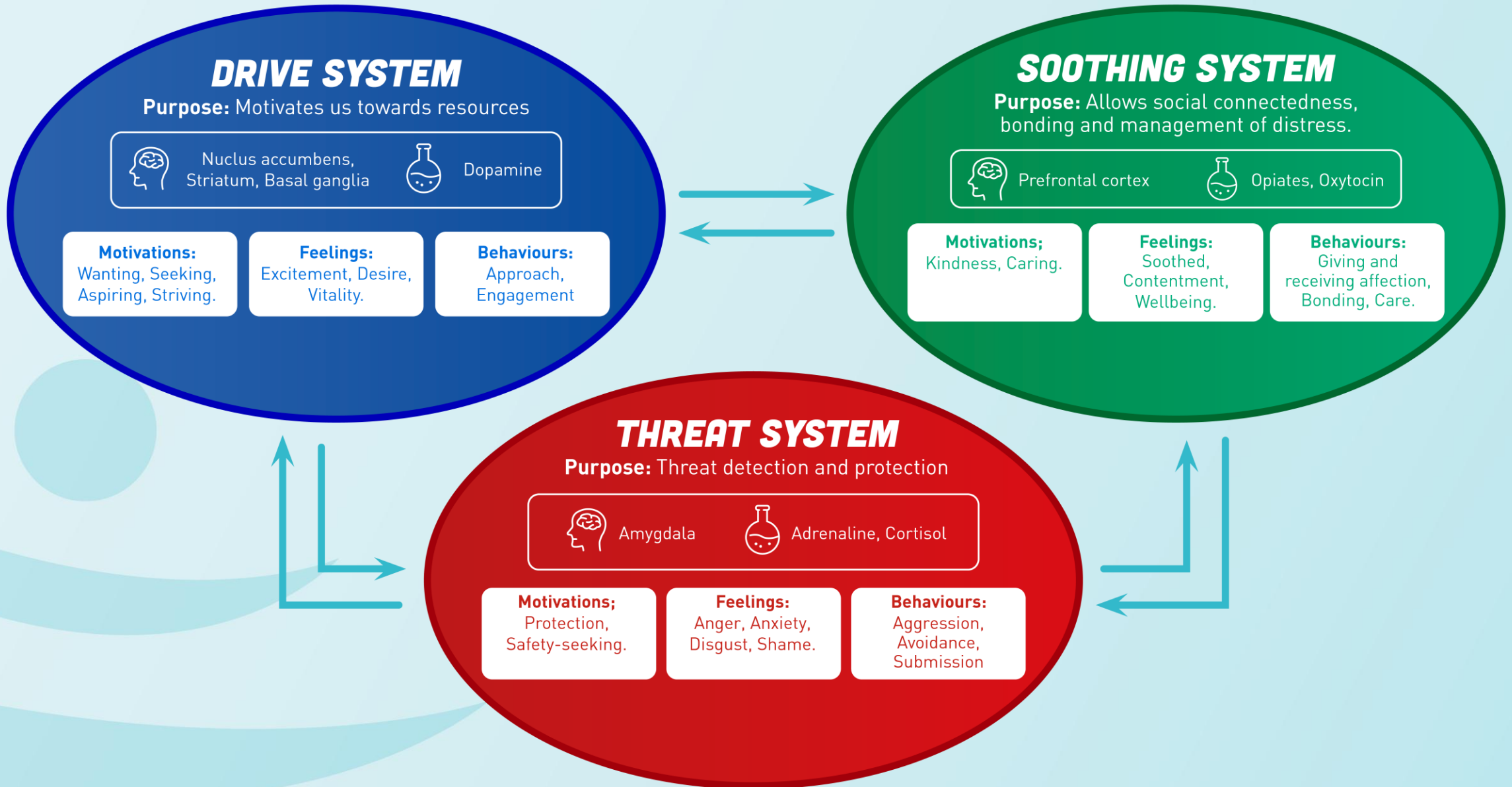


Paul Gilbert OBE



- British Clinical Psychologist
- Head of Mental Health Research Unit Derbyshire Health Care NHS Foundation Trust
- Professor at the University of Derby
- Founder of Compassion Focused Therapy
- Lecturer MSc Mindfulness University of Aberdeen

EMOTIONAL REGULATION SYSTEMS: THE 3 CIRCLES MODEL OF PAUL GILBERT



THREAT SYSTEM

Purpose: Threat detection and protection



Amygdala



Adrenaline, Cortisol

Motivations;

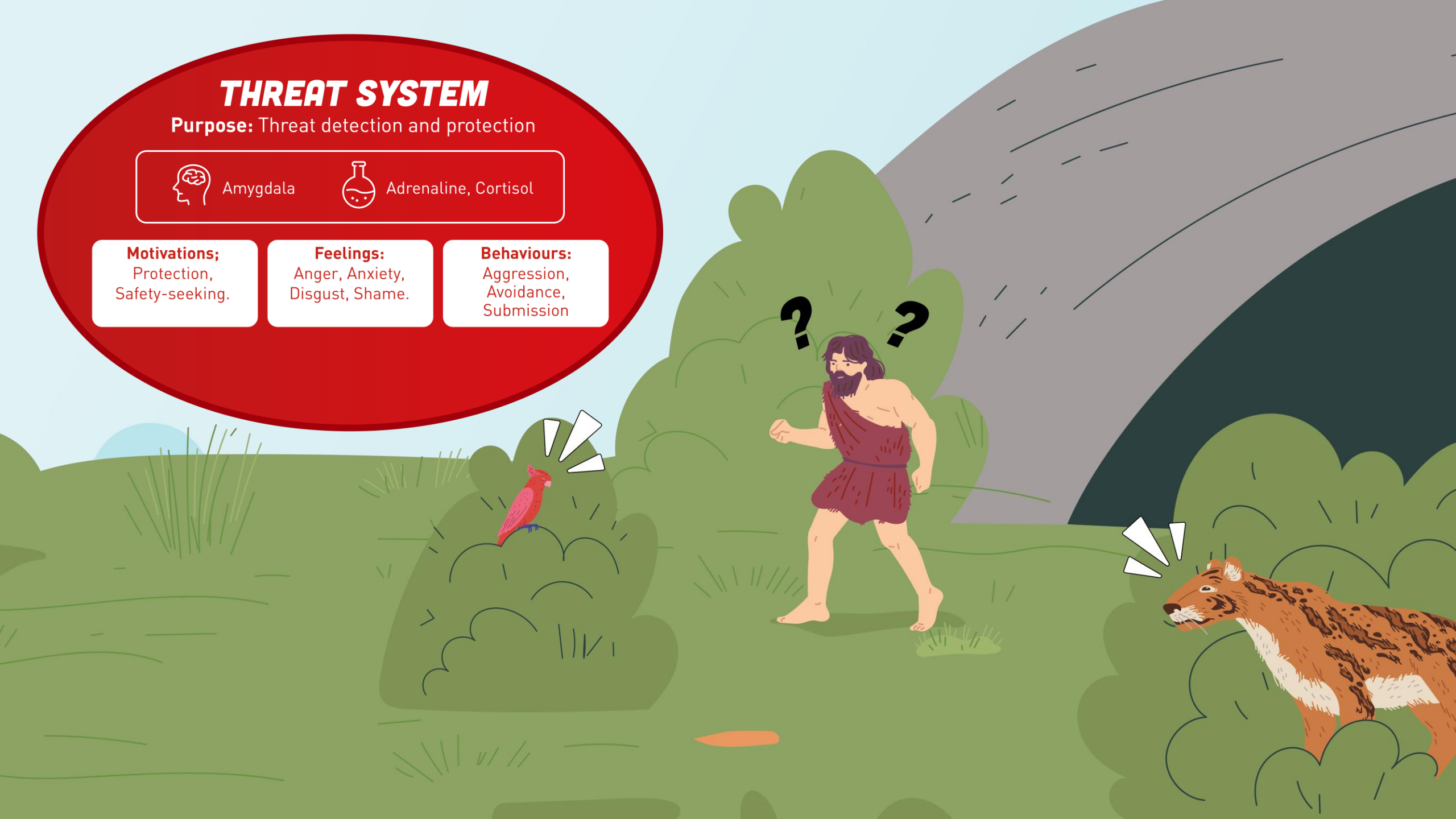
Protection,
Safety-seeking.

Feelings:

Anger, Anxiety,
Disgust, Shame.

Behaviours:

Aggression,
Avoidance,
Submission



DRIVE SYSTEM

Purpose: Motivates us towards resources



Nucleus accumbens,
Striatum, Basal ganglia



Dopamine

Motivations:

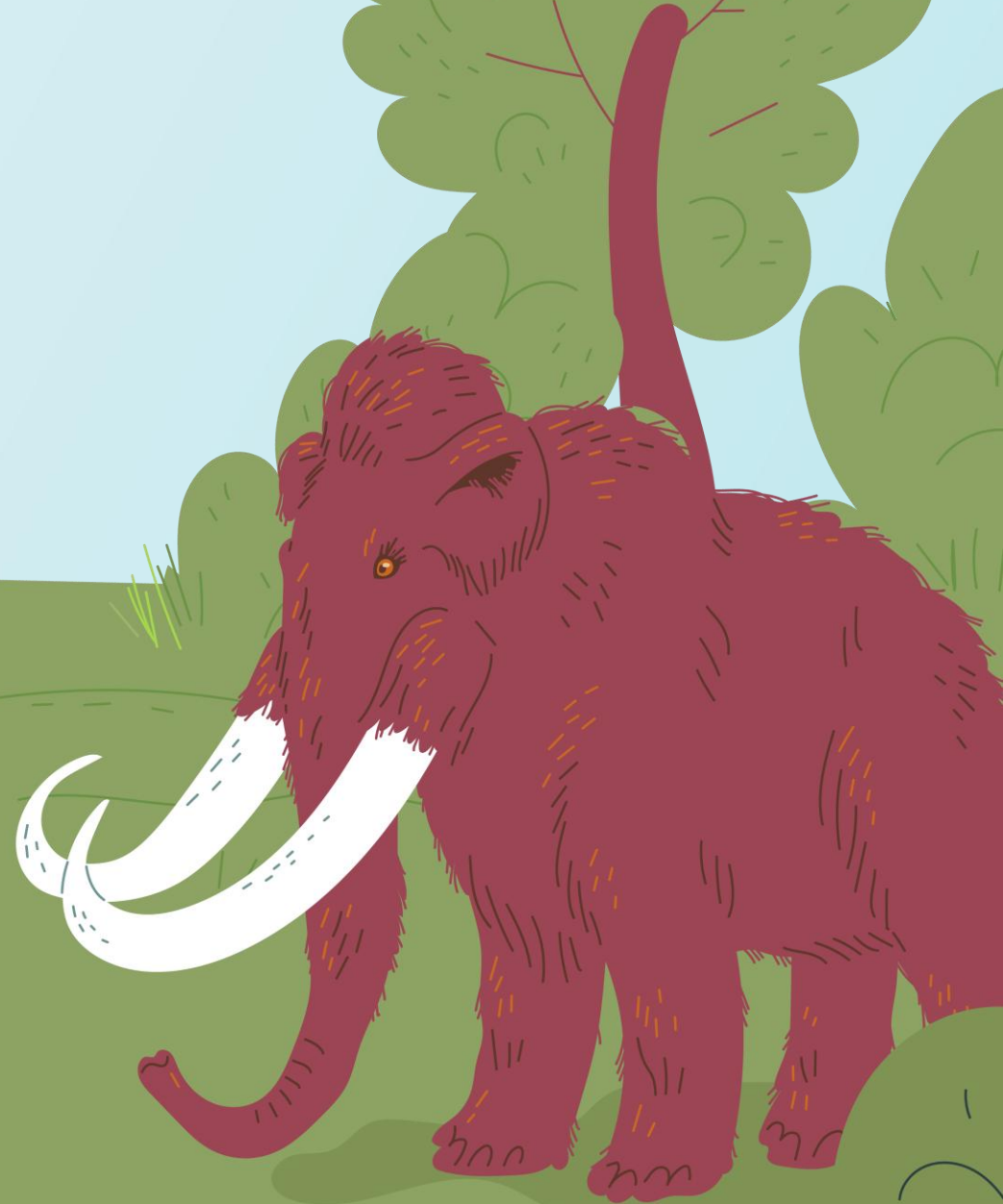
Wanting, Seeking,
Aspiring, Striving.

Feelings:

Excitement, Desire,
Vitality.

Behaviours:

Approach,
Engagement



SOOTHING SYSTEM

Purpose: Allows social connectedness, bonding and management of distress.



Prefrontal cortex

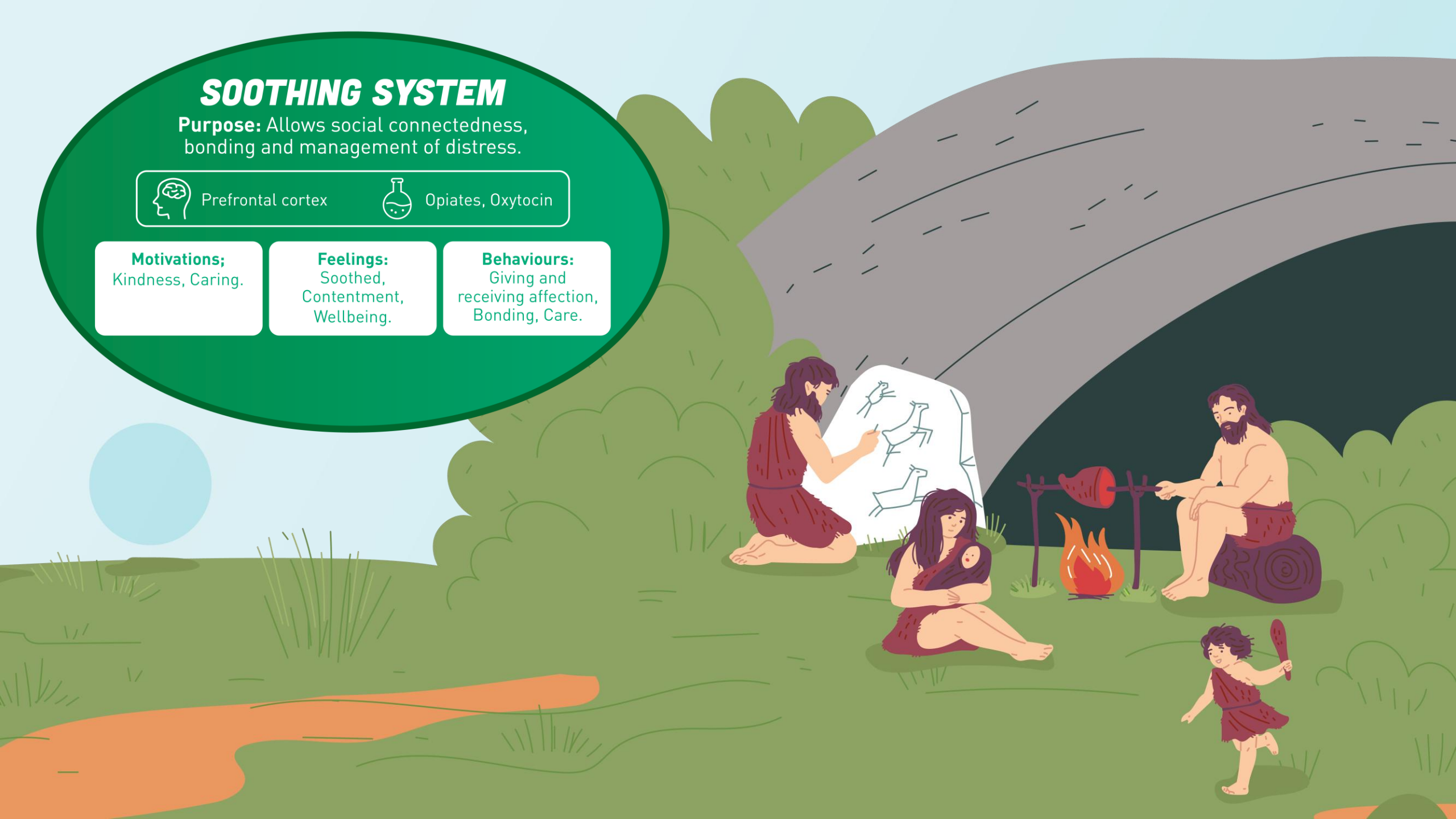


Opiates, Oxytocin

Motivations;
Kindness, Caring.

Feelings:
Soothed,
Contentment,
Wellbeing.

Behaviours:
Giving and
receiving affection,
Bonding, Care.



Recovering the Balance

The 1st Step is to **RECOGNISE** it

Then **STOP** and take care of yourself:

- Seek connection from others/community/belonging
- Self-care (do something for yourself)
- Diaphragmatic breathing
- Mindfulness
- Be in Nature
- Whatever activity brings you peace and kindness

Remote Work Environments

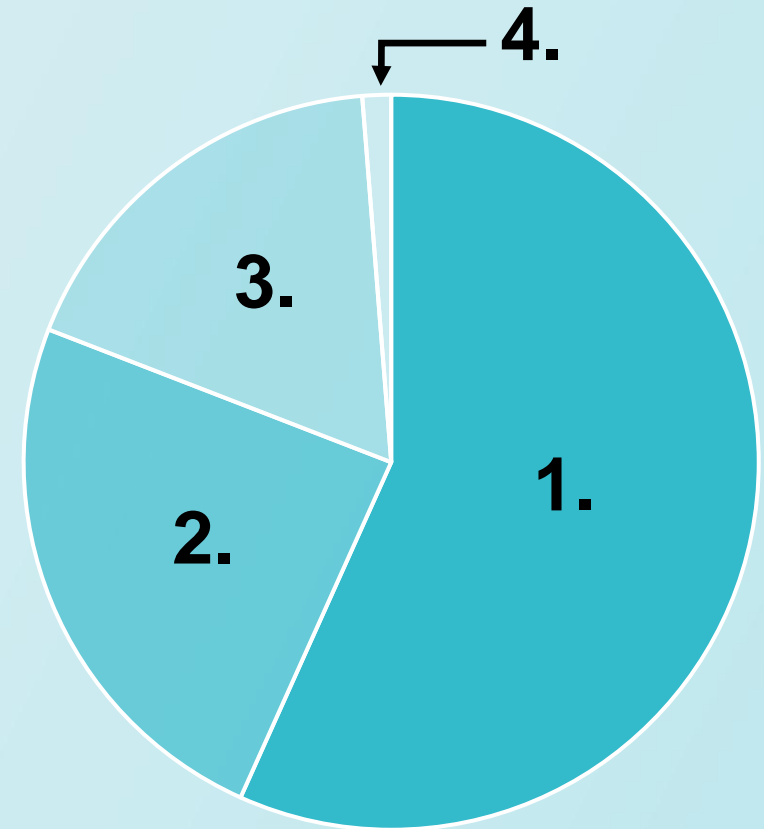


What kind of things help to keep your spirits up and cope well during an offshore trip?

RigRun Survey June 2024: 297 responses

Most Frequent Themes

1. Social - **54%**
2. Good Food - **23%**
3. Going to Gym - **17%**
4. Other (Accommodation Facilities, Pay) - **6%**



What kind of things help to keep your spirits up and cope well during an offshore trip?

“Socialising after work with colleagues”

“Events connecting people. Challenges in work, movie nights, games between colleagues and etc”

“The banter and the socialising aspect ! The little gifts here and there, looking forward to things planned at home in your off time!”

“The Family spirit during the work and even after the work”

“Bonding with colleagues after work”

“Comradeship”

“Craic with the crew - workmates become family”

“Laughter”

“Friendship”

“Camaraderie amongst teams. Having good friends to work with.”

“Banter with work mates”

Finding Ways to Create Community Offshore

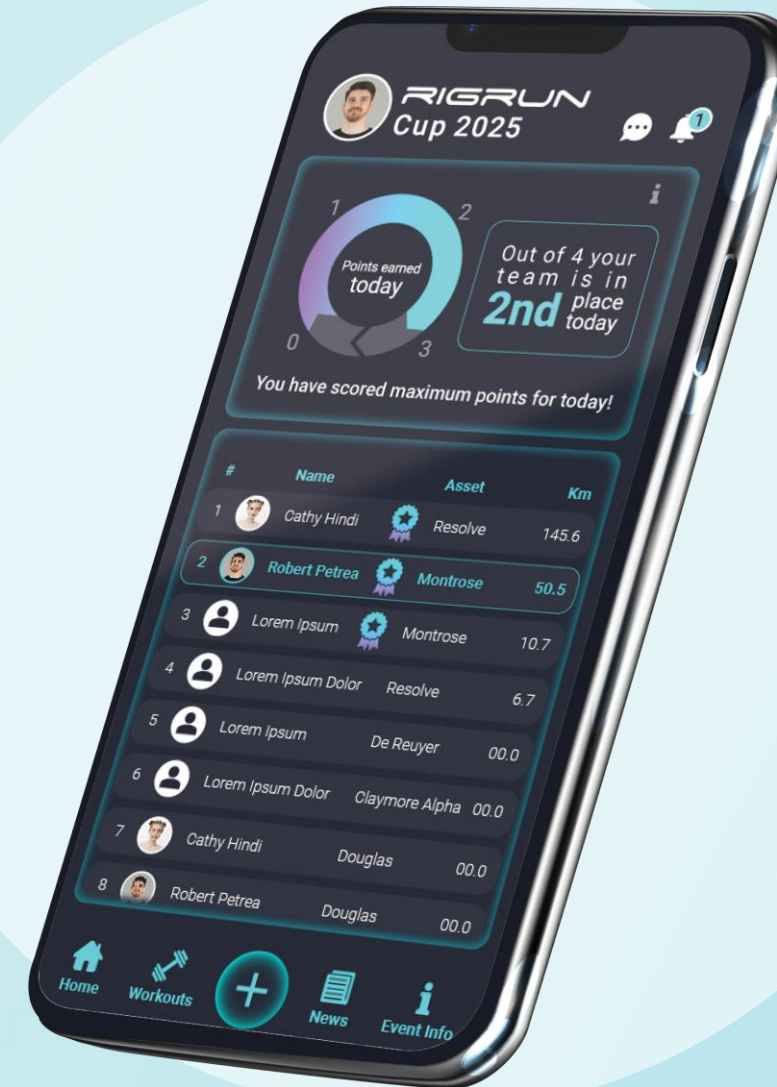
World Cup final June 1978 Match between Argentina and Holland



RigRun: Harnessing the Power of Sport

“As a new person not long on the rig it was great for breaking the ice”

“It’s great to feel like part of the team and reach for a common goal. I work as an adhoc visiting many rigs”



What Benefits, if any, did you see at your worksite during RigRun?

March 2024: 5401 Invitations 1231 Responses; 23% response rate, 729 open comments to this question. Most common theme was **Social: camaraderie, team bonding, togetherness, team**

"People got more close to each other"

"Engaged the team as a whole"

"Happier Atmosphere, camaraderie between workmates"

"Communications improved between colleagues"

"Increased banter with the lads"

"Everyone talking and encouraging each other"

"Good morale on the rig"

"It was a great talking point"

"Happy Workforce"

"People get to know you and congratulate you on daily exercises"

"It created a buzz onboard"

"More bonding with crew that we never used to socialise with"

"Cross shift communications"

"Unity"

"Got everyone in a team spirit for sure"

"Just general good chat, praise and people motivating each other"

"Togetherness"



