



Maritime & Yacht Crew Therapy

Embedded Psychological Support

This service provides a continual, confidential support service. Rather than waiting until someone reaches crisis point, support is available as part of normal yacht life.

Most psychological support is accessed when something has already gone wrong. An embedded model creates a relationship and support pathway before it is needed.

Crew can access me online directly- A consistent professional presence that becomes familiar with the yacht, its environment and its people. They don't need to go through the captain or management to arrange a session.



Service Overview

CONFIDENTIAL CREW SUPPORT

One-to-one online therapeutic support that crew can access directly.

LEADERSHIP SUPPORT

A professional space for senior crew to work through the psychological and interpersonal demands of leadership.

EARLY SUPPORT

The opportunity to address stress, conflict and relationship difficulties before they become more disruptive.

INCIDENT & TRANSITION SUPPORT

An established psychological resource during significant incidents, crew changes and periods of heightened pressure.

Whatsapp Service

I provide support via whatsapp messaging, and answer questions crew may have about emotional or mental issues, and support crew when they don't have the time or space for a call.

A Tailored Approach

My work in yachting takes three main forms, that can vary depending on the needs of who I'm working with:

- Individual sessions
- A defined allocation of sessions
- An ongoing monthly retainer with continual support

My work is tailored to the scope of the partnership, and the level of access required

CONTACT

Naomi Robinson

naomi@breathandbody.co.uk

www.breathandbody.co.uk

