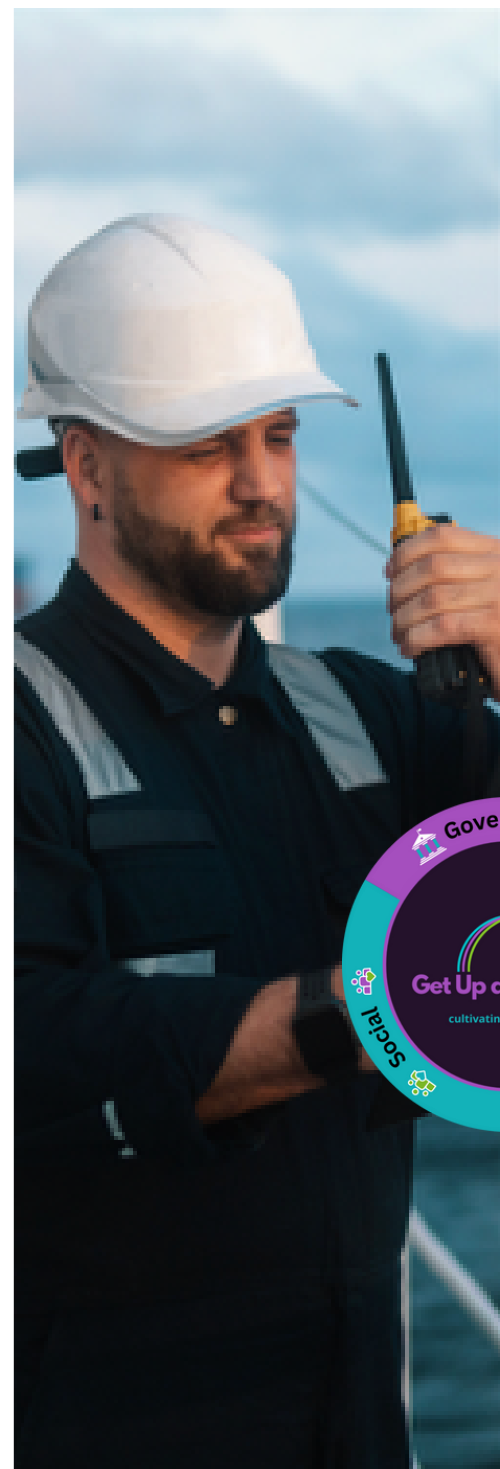




**Get Up and Grow**

[www.getupandgrow.co.za/wellness](http://www.getupandgrow.co.za/wellness)

# Offshore Workforce Wellness Programme





# Offshore Workforce Wellness Programme

**Award-winning Wellness Assistance Programme (WAP):**

**Pitch Deck for International Oil & Gas Companies, Drilling Contractors and Offshore Wind Developers operating in South African waters.**

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# Empower Your Offshore Operations

- Empower your rotational crews, consultants and offshore teams to deliver world-class operations safely and efficiently in South African waters
- Get Up and Grow Offshore Workforce Wellness Assistance Programme (OWWAP) ensures resilience and Zero Harm commitment
- Led by Sinta Ebersohn, South African expert in cultural diversity and wellness for remote workers



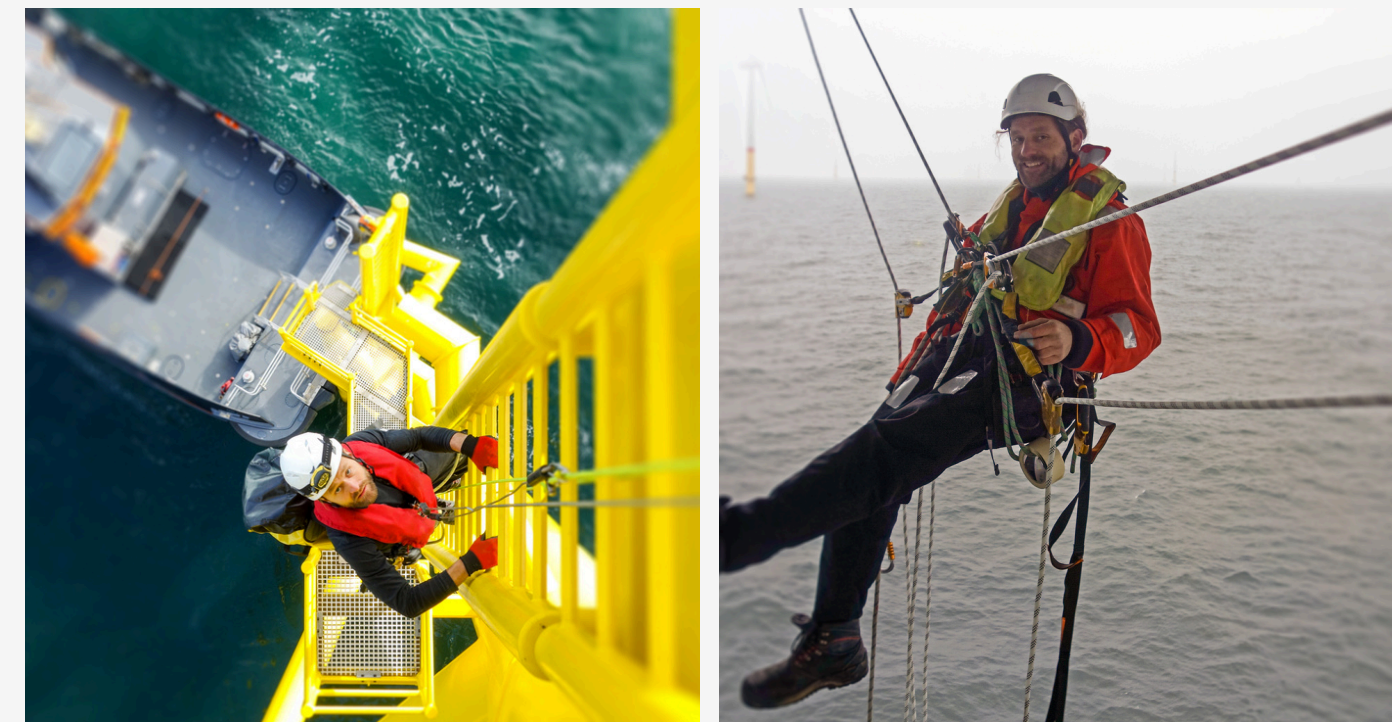




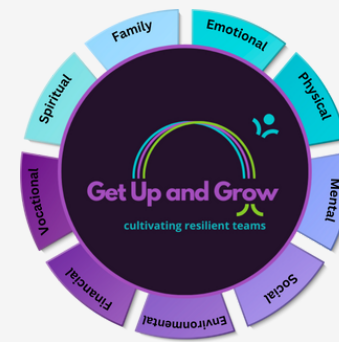
# Why OWWAP?

**South Africa's offshore energy sector is expanding rapidly: TotalEnergies, Shell and QatarEnergy drilling campaigns launching 2025-2026 in the Orange Basin.**

- Thousands of rotational workers on 14-day, 21-day and 28-day shifts driving your project's success in remote, high-pressure environments.
- Challenges for offshore workers: Mental Health Crisis, Suicidal Ideation, Isolation & Family Separation, Cultural Diversity, Fatigue & Sleep Disturbance, Accidents & Injuries, Relationship Stress, Work-Life Imbalance.
- Build a Resilient Crew to Achieve Zero Harm and Shape a Stellar Legacy.
- Industry cost: \$200 billion annually from unaddressed mental health issues (Oil & Gas Sector, 2024).







# Challenges of Offshore Workers

## ★ Mental Health Crisis

60-70% battle anxiety or depression; 19% experience psychological disorders such as phobic anxiety

## ★ Suicidal Ideation

40% of offshore workers experience suicidal thoughts some or all the time while on duty.

## ★ Isolation & Family Separation

Extended separation from family, friends & home causes severe relationship stress & makes transitions difficult.

## ★ Cultural Diversity

Multinational crews, languages, values & expectations create interpersonal tensions in confined spaces.

## ★ Fatigue & Sleep Disturbance

Rotating shifts cause poor sleep quality, accumulated fatigue & circadian disruption - critical safety concerns

## ★ Accidents & Injuries

Injury rates increase during mid-rotation shift changes and between midnight-6am. Fatigue is a major contributor.

## ★ Relationship Stress

50-70% face relationship strain & divorce due to time away, poor communication & absence from family emergencies.

## ★ Work-Life Imbalance

Loneliness (37%), exhaustion (23%), poor connectivity & limited shore leave create chronic stress & burnout.







# The Risks of Neglect

Disruptions, Safety Incidents, Legal Liabilities, Reputational Damage & Failure to Achieve Zero Harm

**MENTAL HEALTH &  
DISTRESS**

• **60–70%**

**SUICIDAL  
IDEATION**

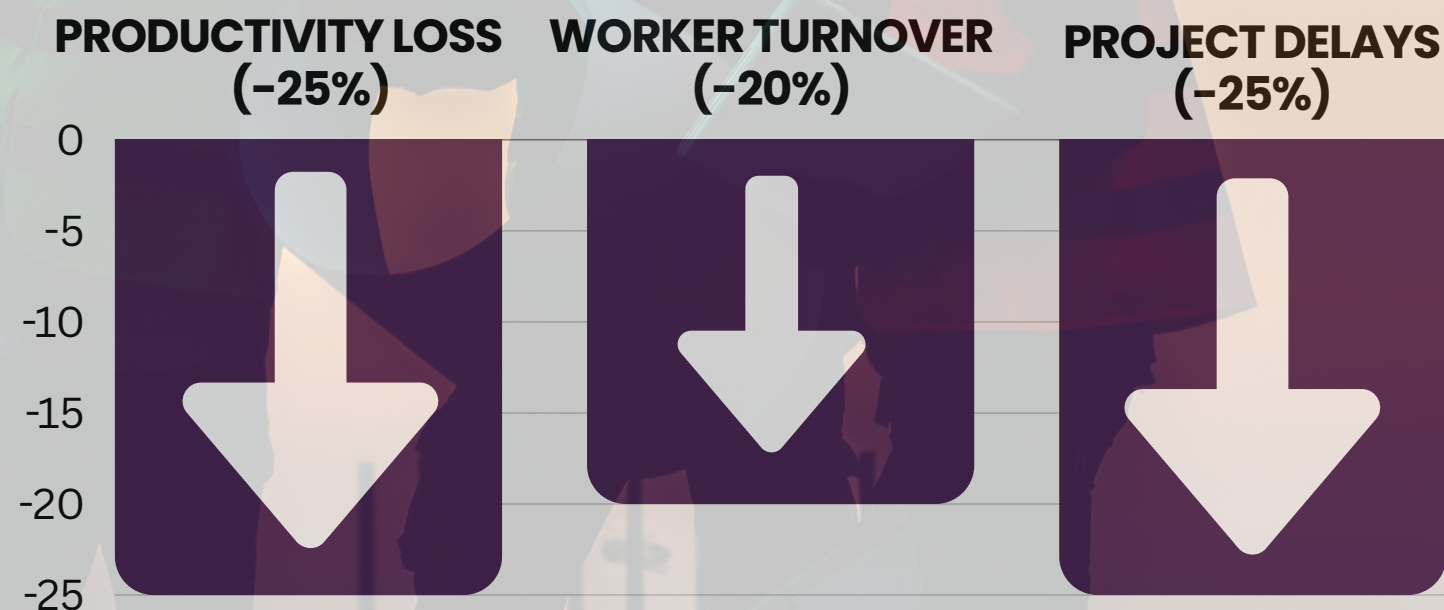
• **30–40%**

**FATIGUE &  
ACCIDENTS**

• **20–40%**

**RELATIONSHIP &  
FAMILY STRESS**

• **50–70%**



**ANNUAL INDUSTRY COST: \$200 BILLION** -Regulatory pressure increasing: Australia 2024 regulations now explicitly recognise mental health as a workplace safety requirement.





# Your Local Wellness Champion

Sinta Ebersohn, Founder of Get Up and Grow

- 15+ years in mental health advocacy and resilience training
- Unique insight into South Africa's cultural diversity & multilingual workforce
- Expertise in bridging international and local crew dynamics for seamless collaboration
- Immediate response capability: online modules + onsite visits to offshore platforms.
- African Excellence Award Winner for Best Employee Wellness Assistance Programme (2024)
- Understanding of rotational work challenges: isolation, shift work, confined spaces, family separation and trauma response
- Culturally sensitive approach tailored to South African offshore operations







# A Resilient Offshore Workforce

**Get Up and Grow's Offshore Workforce Wellness Assistance Programme (OWWAP) empowers rotational workers**



## Preventative Measures (Online Library)

- Mental Health & Psychological Resilience: Tools and resources reduce anxiety, depression, suicidal ideation & burnout during rotations.
- Fatigue Management: Strategies for optimising sleep quality, managing shift changes & maintaining alertness during 12-hour shifts.
- Family Separation & Relationship Support: Communication strategies, relationship maintenance techniques & re-integration guidance.
- Cultural Diversity & Team Cohesion: Modules foster unity, tolerance & effective multicultural collaboration in confined spaces.
- Isolation & Loneliness: Coping mechanisms for extended periods away from home & social support networks.



## Incident Response (Online & On Site)

- Trauma Debriefing: Specialist support for accidents, near-misses & critical incidents, reduces symptoms and accelerates return-to-work.
- Crisis Intervention: Immediate online or on-site support for mental health emergencies, suicidal ideation or acute stress reactions.
- Conflict Resolution: Mentoring and coaching resolve interpersonal disputes in multicultural crews before escalation.
- Counselling & Mentoring: Supports relationship stress, family crises, isolation & life challenges during and after rotations.
- Emergency On-Site Visits: Sinta can helicopter to offshore platforms for critical incidents or intensive team support sessions.





# The Benefits for Your Offshore Operations

Achieve Zero Harm with Confidence and Impact

- **Avoid Pitfalls:** Prevent the \$200 billion industry cost of mental health issues (productivity loss, turnover, accidents & project delays).
- **Regulatory Compliance:** Align with emerging regulations (Australia 2024 model) that recognise mental health as safety requirement.
- **Strengthen Team Cohesion:** Support crew interactions across diverse cultural backgrounds in confined, isolated environments.
- **Build Resilience:** Boost safety performance and reduce fatigue-related incidents with preventative modules & trauma support.
- **Fulfill ESG & Industry Commitments:** Demonstrate alignment with IADC Mental Health & Wellbeing Charter & corporate social responsibility.
- **Flexible Delivery:** Online modules accessible 24/7 + on-site platform visits for intensive support or emergency response.
- **Local Expertise, International Standards:** Sinta Ebersohn ensures culturally sensitive response tailored to South African operations with international best practices.
- **Your Legacy:** Offshore projects with a thriving, mentally healthy, safe workforce on every rotation.





# Success Stories

## Transforming Rotational Workers

*"Get Up and Grow empowers every offshore worker to thrive safely in the most challenging environments!" - Sinta Ebersohn*

### Reduced Suicidal Ideation Offshore Drilling Operator

A North Sea-trained operator working 28-day rotations received immediate crisis intervention & ongoing mental health support, which drastically reduced suicidal thoughts and restored his ability to perform safety-critical work.

### Family Reconnection Offshore Technician

A Johannesburg-based technician on 14-day rotations resolved severe relationship stress through online counselling & communication strategies, helping him maintain his marriage & family connections despite extended separations.

### Cultural Integration International Consultant

A European consultant struggling with multicultural crew dynamics overcame conflict through diversity training & one-on-one mentoring, transforming him into a bridge-builder between international and local teams.







# Testimonials

## Conflict Resolution

"My mentoring had a truly positive impact on me. It provided a safe space for self-reflection. Through honest conversations and consistent support, I developed stronger self-awareness and confidence. It was a transformative experience that I carry with me every day. Thanks again for the eye opening insight."  
- D.M.

## Trauma Debriefing

"Dear Sinta, I want to show my greatest gratitude. Thank you so much for helping me get through my trauma. Your help is much appreciated and I don't know what I would have done if it wasn't for your help. Everything happened so sudden and I just want to show my appreciation for being there for me in my time of need. You are highly appreciated and may you be blessed for all your goodness."  
-S.M.

## Conflict Resolution

"I did two sessions with Sinta, two sessions I feel everybody should do at some point. Sinta is very approachable and lovely to speak to, she uses methods which help you to think and also be honest with yourself. I learnt a lot about myself and learnt more tools to help me deal with situations better. Thank you Sinta."  
- K.W.







# Achieve Zero Harm with Confidence

**Transform your offshore operations, empower your rotational workforce, operate with pride.**

**Adopt Get Up and Grow's Offshore Workforce Wellness Assistance Programme (OWWAP) to empower your crews, consultants & offshore teams. Cultivate a thriving, resilient operation in South African waters with diverse international and local talent working safely together.**

**Avoid the \$200 billion industry cost of unaddressed mental health issues. Prevent disruptions, safety incidents, legal liabilities & reputational damage while achieving Zero Harm commitment and demonstrating genuine ESG leadership.**

**Align with IADC Mental Health & Wellbeing Charter and emerging regulations recognising mental health as a workplace safety requirement.**

**Let's build a legacy of resilience, safety & excellence together!**

**Contact us TODAY for a discovery meeting.**

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# Thank You for your time

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