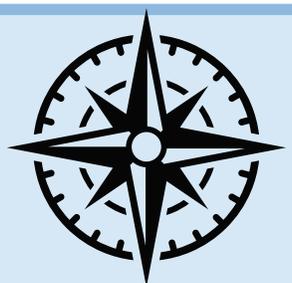


The Foundations Strengthen Core Skills

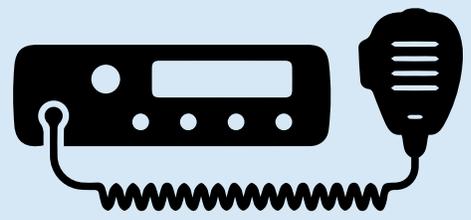
We're focusing on the fundamentals that enable each of us perform at our best. These Foundations aren't about adding more to your plate; they're about strengthening the everyday skills that make your work smoother, more confident, and more rewarding. Clear communication, strong technical ability, and personal well-being shape how we show up for our teammates and our patrons.



Excel Essentials

Build confidence using spreadsheets to track tasks, manage schedules, and stay ahead of deadlines. Strong organization reduces stress and improves team coordination.

Suggested Training in LEARN:
Microsoft Excel 365 Essentials: Part 1 of 8



Active Listening

Build trust with your teammates by ensuring every voice is heard during busy shifts. Use these same tools to strengthen your relationships and connect more deeply with friends and family.

Suggested Training in LEARN:
Active Listening



Hydration

Your best tool on a long shift isn't equipment, it's staying hydrated. Maintain energy and focus by making water your top priority throughout the day.

Suggested Training in LEARN:
What would happen if you didn't drink water?

Fairing the Lines:
In seamanship, fairing the line means making small adjustments for smoother performance. What's one small adjustment that would improve your shift this week? Organize, Listen, or Hydrate?

Scan the QR code to login and complete any trainings on your LEARN account, or to check out the suggested trainings! Most of Learn trainings are accessible through mobile devices!

