



Maritime crews operate in an extremely demanding work environment. Sustained fatigue, irregular sleep cycles, high stress, and relentless cognitive load are not exceptions but daily realities. Over time, these conditions take a measurable toll on the crew, safety and cost.

WHY THIS MATTERS

People related claims account for 48% of all P&I claims (Gard 2024)

Safety & Performance

Fatigue reduces cognitive performance comparable to alcohol impairment levels.

Retention

Impending shortage on incoming workers – onboarding, reskilling and operational disruption costs.

Operational Effectiveness

Impaired wellbeing directly impacts alertness, judgment, and increase injury and accidents.

THE SOLUTION [Proactive Health Programs – Not Reactive Claims Management](#)

Full Keel Wellness delivers maritime-specific coaching grounded in motivational interviewing, not generic wellness training. Programs are built for life at sea: individualized 1-on-1 sessions, targeted nutrition tools for galleys, and leadership development for captains and officers. Small, sustainable shifts that persist across vessels and contracts.



ENGAGEMENT MODELS

(Limited Scope Engagements available)

Fleet-Wide Workshops

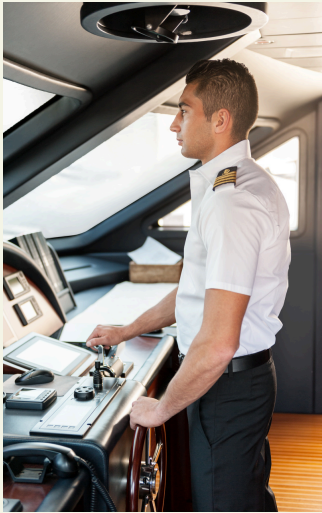
Maritime-specific sessions to bolster fatigue awareness, wellness, and overall performance.

Crew Wellness Programs

Practical micro-habit systems and wellness protocols designed for life at sea, ranging from targeted nutrition tools for chefs to health behavior change guidance for crew.

Confidential 1:1 Coaching

Virtual, flexible, and personalized services to strengthen resilience, improve sleep, manage stress, and build sustainable wellness habits for lasting results.



LEADERSHIP DEVELOPMENT

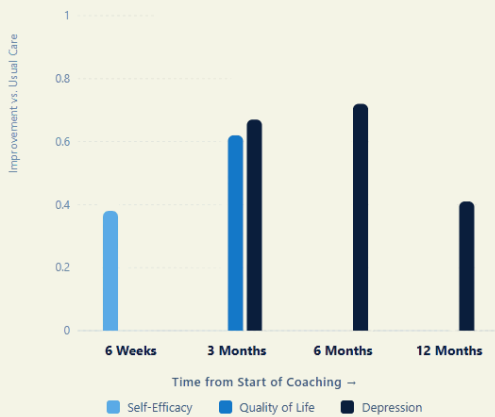
Leading for Operational Resilience at Sea

Culture onboard begins with leadership. Leadership training applying coaching skills, expand influence, and cultivate a culture of accountability, high performance, and wellbeing.

Equipping captains and officers with tools to:

- Recognize performance decline signals
- Have productive performance conversations
- Reduce stigma around wellbeing awareness
- Align wellness initiatives with safety priorities

EXPECTED OUTCOMES



Clinically significant improvement over extended time with Health Coaching

(Patient Education and Counseling, 2023, PubMed)

50% reduction in US medical claims

(First Call telehealth data)

Wellness programs with coaching deliver a \$3.27 return for every \$1 invested

(LifeSTEPS. (2025, November 20)

About the Founder

Karen Forsy brings over 15 years of corporate training experience to the design of practical, evidence-based human performance systems for the maritime industry. A certified health coach through the Institute for Integrative Nutrition, Karen bridges wellness science and operational reality to deliver programs built for the unique demands of life at sea.



[Schedule a Consultation](#)



Let's discuss a limited scope engagement

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