



M.O.S.T.

McMillan Offshore Survival Training

148 Waterville Road
Belfast ME 04195
207-338-1603

M.O.S.T. Newsletter – February 2010

From the desk of John McMillan

To Our Friends:

"HAVE A NICE DAY"

I recently received an email from a Middle East company requesting some aquatic safety/survival training for their non & poor swimmers who were going to work offshore. It appeared that they have quite a few employees that believe man is a land animal and have not developed aquatic skills. Living in such parts of the world I guess water and snow related skills are limited.

I responded positively and asked if there were other courses of interest for their employees. By their response, I could see they had another training vendors catalog and were making a wish list of Construction Safety courses, Leadership/Management Skills, Injury Prevention, Accident Investigation and the list went on. My initial thought was " I can do this one, I have a friend that can do that one etc." making me realize that I do have good, solid training contacts. With all their requests, there was nothing about one of the most important aspects of survival and that is "mental management".

In our classes, I ask "Who has had previous safety training"? I then request them to tell me something they remember from the class that I can use for my survival strategy other than:

- 1) Don't Panic as I know that already

- 2) The water is cold
- 3) Stay together
- 4) Get rescued
- 5) Pray as it relieves stress

This brings me to my point. In many courses being offered throughout the world, very seldom do you see a section on the "Psychology of the Human Mind" and ways to think positive in a negative environment. We forget that the brain is a piece of lifesaving equipment and all the wallet cards/certifications & years of experience are invalid without a positive thought process. Thinking negative is a "self-inflicted" wound. Shame on you!

With that said, I'm out in California in January conducting some training. In conversation with some of the locals, they were complaining about the lack of jobs and the economic situation. We all can feel the pain. Teaching the subject of survival which is man against and environment, we should look to the positive side of life and not focus on how bad things are.

As T. D. Jakes, a motivational speaker says, "Don't be robbed of the most precious thing we have and that is life. Every day is a Blessing". Now, get out there and share your talents with those that need some inspiration. The rewards are far greater that one would imagine.

John McMillan, President
McMillan Offshore Survival Training