



*Board of Examinations for Seafarers Trust*



# Attitude & Ethics



# ETHICS



# Meaning of Ethics

- **Ethics** is different from ethnics.
- **Ethnics** refers to the origin and culture of groups of persons.



# Ethics



**After this session you will know:**

- 1. The meaning of 'ethics'**
- 2. The importance of ethics at:**
  - All times**
  - The workplace**
  - In social gatherings**
  - In public places**
- 3. The dangers of lack of ethics**

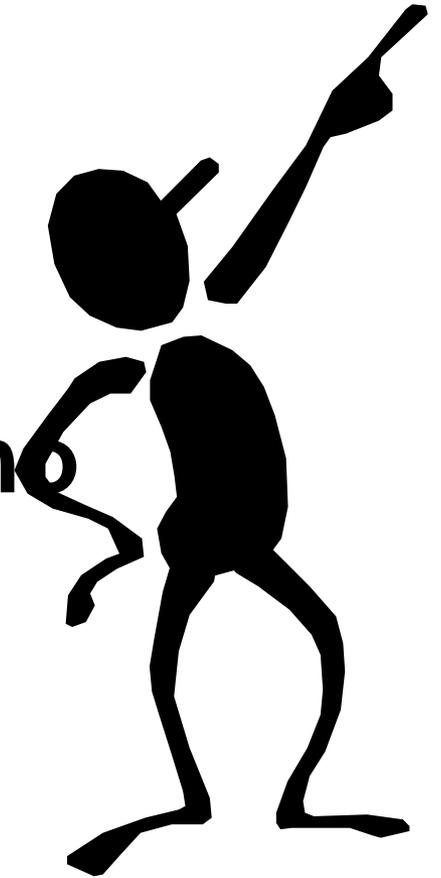
# Meaning of Ethics



Ethics is **moral rules** or **code of conduct** followed by an individual or a group.

“Ethics is doing right or moral things even when no one is looking”

Or “Self discipline”.



# Ethics at all times



- 1. Be punctual**
- 2. Be appropriately dressed**
- 3. Talk softly verbally & on mobile phone – do not disturb others**
- 4. Laugh (or cry) softly**
- 5. Be polite & courteous**
- 6. Do not k too much**
- 7. Be responsible**
- 8. Do not waste: Water, electricity, food, time**



# Ethics at the Work Place

- **Arrive early**
- **Follow rules of your work place**
- **Communicate well**
- **Maintain confidentiality**
- **Be safe. Make others safe.**
- **Do not point fingers at past failures**





# Ethics at the Work Place

- **Set and complete goals**
- **Be cheerful & cordial**
- **Be truthful**
- **Complete your work**
- **Do not take company property home.**





# Ethics at the Work Place

## When in a meeting:

- **Be attentive; take part with useful suggestions.**
- **Listen**
- **Avoid confrontations – do not contradict; be diplomatic, objective**



# Ethics at the Work Place

## Avoid conflicts with co-workers





# Ethics in social gatherings

## In a social gathering

- **Shake hands firmly but politely**
- **Maintain eye contact while talking/listening to others**
- **Introduce yourself to others if you are new to the group. Be brief. Avoid boasting**
- **Be polite and courteous.**



# Ethics in social gatherings

## In a social gathering

- **Respect ethnic differences**
- **Talk softly – do not disturb others**
- **Do not talk ill about others**
- **Avoid political or religious topics**
- **Listen carefully to others**
- **Do not dominate - make others take part in discussions.**



# Ethics in all activities

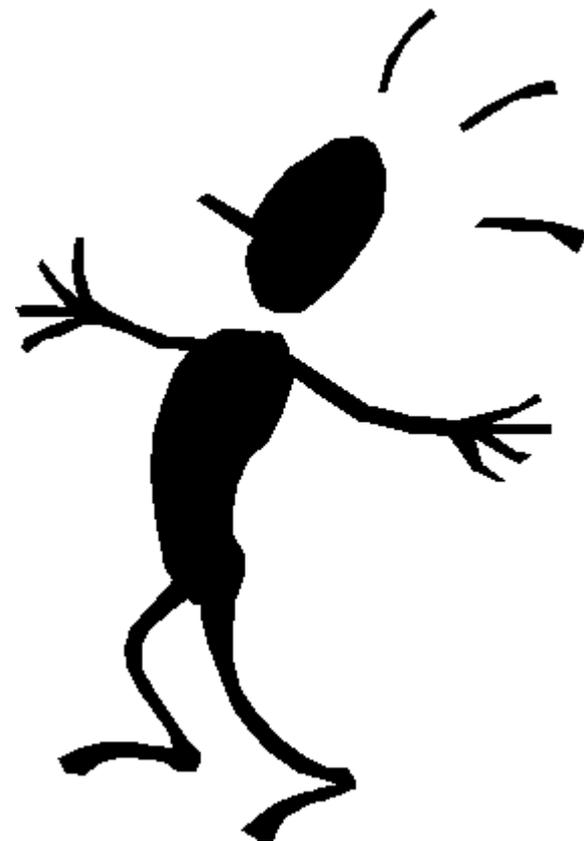
**Ethics are needed in all human activities and interactions:**

- **At the work place**
- **In public places**
- **At home.**
- **It is lubricant for success in life along with other qualities.**



# Importance of Ethics

- **It reduces stress**
- **It avoids grievances**
- **It begets respect**
- **It prevents accidents**
- **It makes you a good shipmate.**





# Danger of lack of ethics

## **If a team has no ethical values:**

- **There is danger of failure and losses**
- **Everyone will work according to his own ideas**
- **People will fight with one another**
- **May result in lawlessness**



# Lack of ethics





# ATTITUDE



# Attitude

**After this learning session you will understand:**

- 1. Definition of 'attitude'**
- 2. Examples of how attitude affects behavior of a person**
- 3. How attitude gets formed in life**
- 4. Positive and negative attitude**
- 5. Possibility to change attitude.**



# Attitude

- **Attitude should not be confused with ALTITUDE**
- **Altitude is the height of an object above a baseline.**
- **E.g.: Altitude of an aeroplane or a mountain peak above sea level**



# Attitude

- Attitude is defined as “**your way of thinking**” which shows up in your behavior.
- In other words, attitude is how you think and feel and hence how you behave.



# Attitude

**Lifebuoy  
of Attitude**





# Attitude

**One is not born with any attitude.**

**It develops as we grow**

**It is acquired and becomes a habit**

**It is possible for attitude to change**

**Attitude can be Positive, Negative or Neutral.**





# An example of attitude

What you think and feel forms your attitude.

For example:

If someone says, "I hate billiards, it is a waste of time":

**Negative Attitude** towards billiards, possibly because he has no idea how to play it, and hence he passing adverse remarks about it!

If a person says, "I like billiards":

**Positive thinking** towards billiards, possibly because has played it in the past, can play well and wants to play again.

**Neutral Attitude toward billiards:** I do not care for the game. You may play if you desire.



# Positive & negative attitude

***Positive attitude*** brings about positive results of wellbeing, love, and self-respect, etc.

***Negative Attitude*** produces loss of relationship, mis-trust and loss of respect.



# Causes of Attitude

**Attitudes may be:**

**Long term:** Formed over the years by various environmental factors.

**Can change** by change of environment.

**Short term:** Form for a short period by circumstances.

**Can change** by change of environment.

**Immediate:** After some recent incident.

**Can change by**

- advice from others or
- self realization.



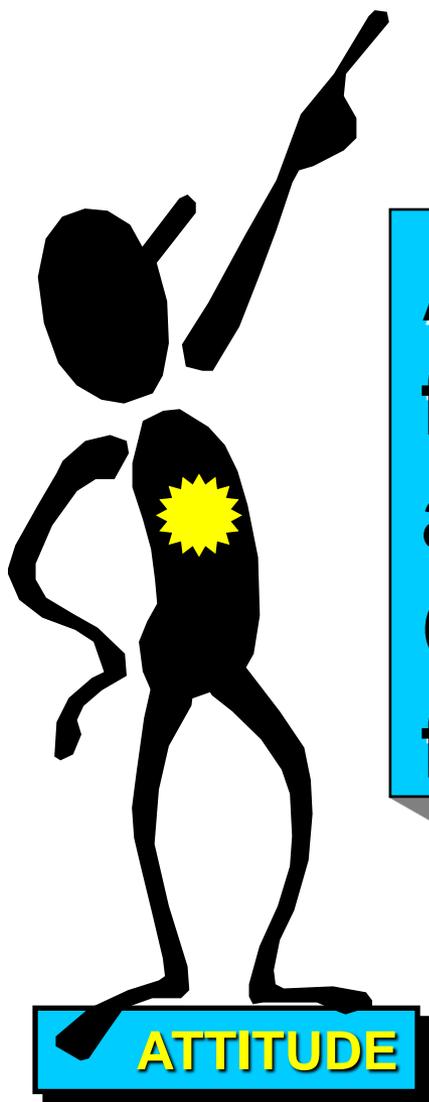
# Examples of attitude

**Here are some examples of attitude:**

<b>Acceptance</b>	<b>Frankness</b>	<b>Loving</b>
<b>Confidence</b>	<b>Respectful</b>	<b>Satisfaction</b>
<b>Seriousness</b>	<b>Authority</b>	<b>Hostility</b>
<b>Optimism</b>	<b>Sincerity</b>	<b>Generosity</b>



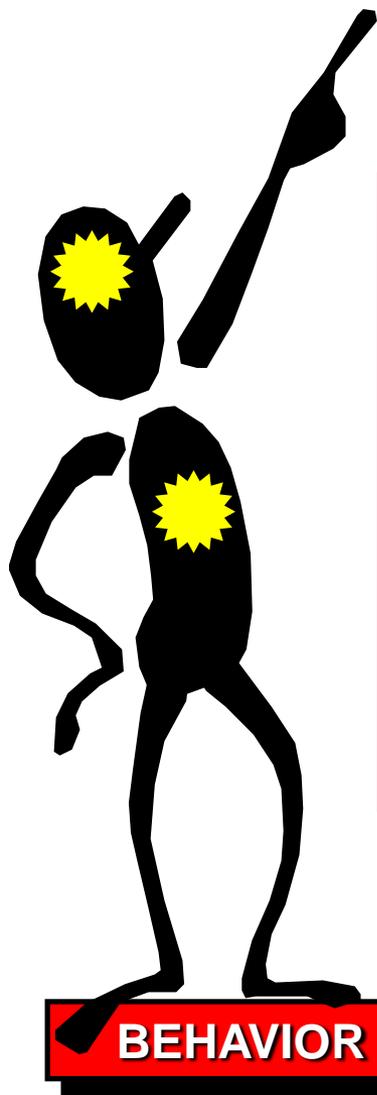
# Change your Attitude



**Ask your close  
friends or relatives  
about yourself.  
Change your attitude  
for the better**



# Change Your Behavior



**After you have changed to good thinking and have good attitude, your behavior will automatically change for the better**

# Ethics & Attitude



## Conclusion:

**Ethics & Attitude are inter-related;  
You can appear good externally by  
your dress, walk and talk**

**But can be bad inside – rude,  
crude, selfish, bad manners, etc.**

**‘Bahar sey acha anthar sey lucha?’**

**You can change for the better.**



**The Character of a person is:**

**A combination of his ethics  
and his attitude.**



# The Six Most Important Words

**“ I Admit I made a Mistake”**





# The Five Most Important words

**“You Did A Good Job”**





# The Four Most Important Words

**“What is your opinion?”**





# The Three Most Important Words

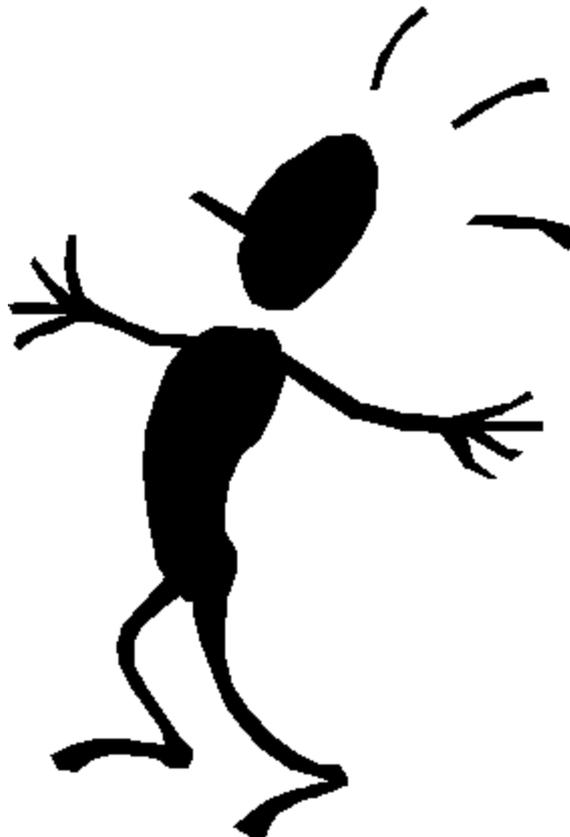
**“If You Please”**





# The Two Most Important Words

**“Thank you”**





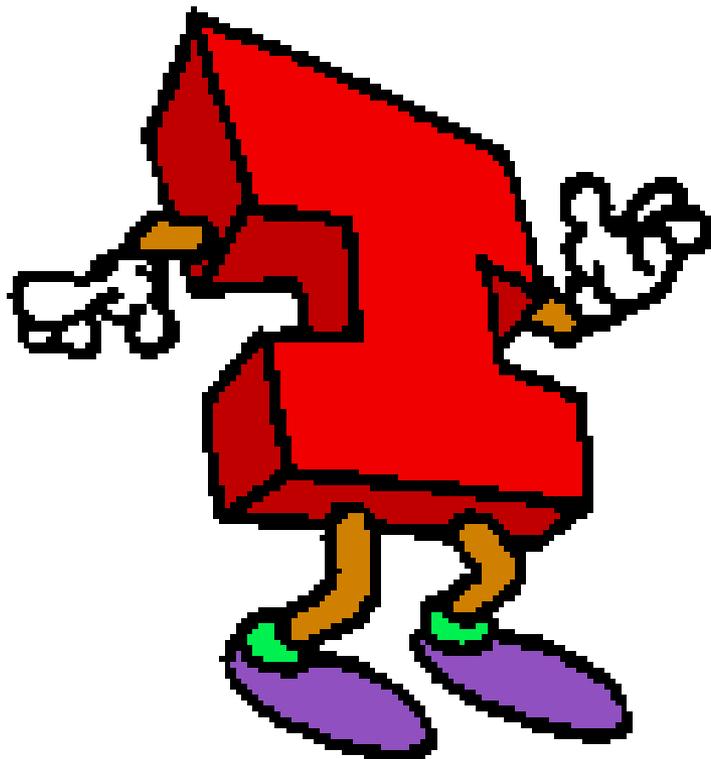
# The One Most Important Word

**“We”**





# The Least Important Word





Seafarers are considered Brand Ambassadors of the Nation.

Our nation will be judged by the behavior/conduct of yours.

By your good behavior you will establish a good impression of our country and our seafarers.

In this competitive world it will help your fellow seafarers to get jobs.



# Video clip showing ethical differences between India & Germany

[Ethics video.mp4](#)



# Thank You



**Board of Examinations for Seafarers Trust**

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