

ATC Wellness Program



The mission of the **Alaska Tanker Company Wellness Program** is to promote optimal health and wellness of all employees. We will do this through education and initiatives that address the following:

- "Developing our emotional intelligence: self-awareness; awareness of others and our impact on them; managing our impulses etc. It's proven that developing our emotional intelligence gives us the ability to control and leverage our emotions to deliver optimal performance.
- "Mindfulness: How we stay engaged while performing repetitive jobs. We are generating simple tools and techniques for staying attentive. These tools are based on recent findings in neurology that provide insights into how the brain works. Our industry leaders obsess about fighting complacency: we believe that for us such a focus on the empty portion of the glass is negative, misplaced and unhelpful.
- "Leveraging our differences: Generational, national origin; gender differences: these are the realities we face. Greater understanding of varied value systems and behavioral norms prevent knee-jerk biases and promotes effective working relationships.
- "Wellness: Staying healthy and alert as a matter of choice and lifestyle.
- "Individual coaching: With all our differences in skill profiles, our coaching in ATC ensures our training is relevant and specific to our individual developmental needs. Our focus is on building our internal capacity to be our own best teacher by reflecting and learning from our daily experiences." ~Anil Mathur, CEO

Just as ATC sets the standard for performance in **HSE, Quality and Value**, we will set the standard for providing employees with opportunities to create and sustain wellness. It is not necessarily about weight loss or running a marathon; it is about implementing healthier habits and embracing a lifestyle of wellness that we can pass down through generations.



This is a program to help all of us incorporate more health and fitness into our daily lives and observe the benefits of better performance and expression of good health.

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