



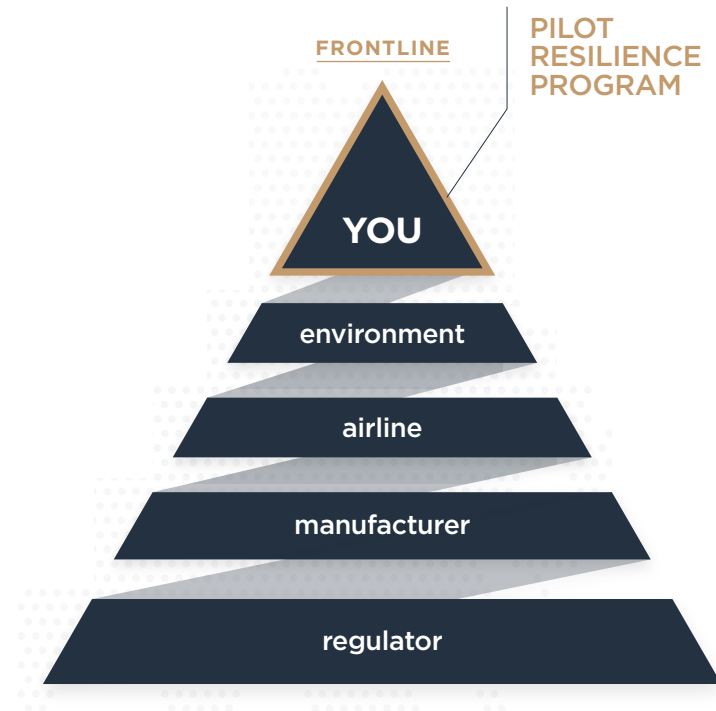
AXIOPREP

PILOT RESILIENCE
ENHANCING PROGRAM

THE **BIG** PICTURE

So where does AvioPrep fit within your operational context?

Aviation is a team effort. Although you operate within the context of regulation (e.g. ICAO), the manufacturer (Aircraft, procedures), the airline (SOPs, culture) and environment (physical), you are the one at the sharp end, the frontline operator. You are in a unique position of having to solve problems with limited time and ambiguous information. To overcome this, you must engage your mind. AvioPrep aims to preserve and enhance your psychological abilities in times of stress. Only a resilient mind will ensure a safe outcome when a pilot becomes the last line of defense.



THE **FLOW**



THE PROGRAM OUTLINE

WEEK 1

THE SCIENCE

Explore the exciting new research behind mental resilience training and learn the concepts and theory of stress and performance orientated mindfulness training.

WEEK 4

BODY AWARENESS

Develop skills to detect early signs of stress and how it manifests in your body. Learn to manage your sweaty palms and increase body language awareness.

WEEK 2

BREATH AWARENESS

Develop focus and attention through breathing exercises. Learn to manage the stress response by activating the parasympathetic nervous system.

WEEK 5

ATTITUDE AWARENESS

Learn to embrace responsibility, engage in self-analysis, practice willpower and acquire pre-performance strategies that allow for optimal sim preparation.

WEEK 3

THOUGHTS & EMOTIONS

Acquire thought and emotion management skills. Learn the power of self talk and improve emotional intelligence.

WEEK 6

VISUALIZATION

Learn and practice mental rehearsal skills. Explore the techniques used by many high level performers like the Blue Angels and elite athletes.