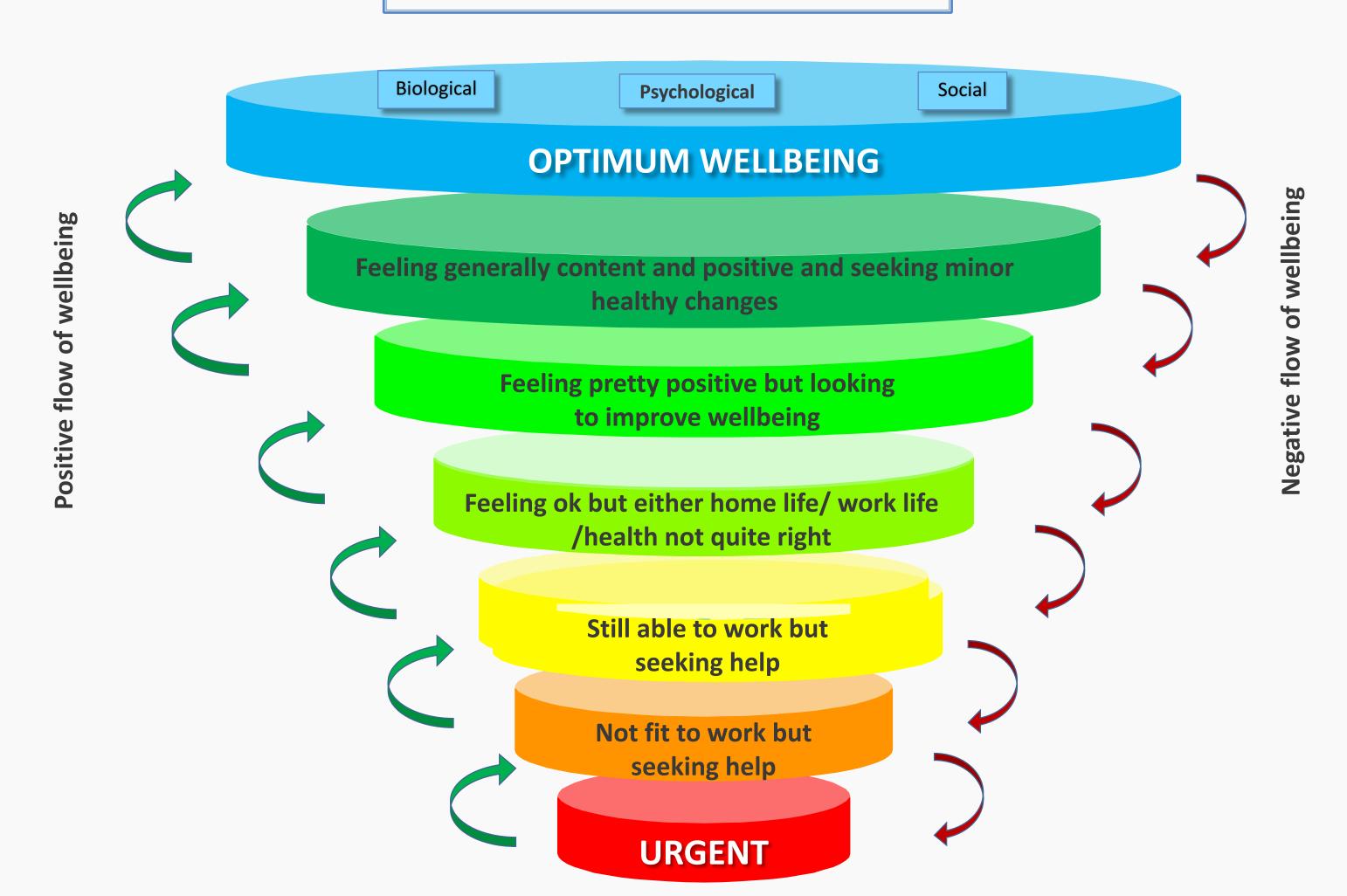


Resilient Pilot Wellbeing Model®

WELLBEING Assessment Funnel





Resilient Pilot Wellbeing Model®

WELLBEING Assessment Funnel

STEP

01

Ask Mentees where they think they are in the model. Identify the Positive and Negative flows

STEP

02

Explain the concept of funnel analogy.

The further down they go, the harder

to return to the top

STEP

03

Discuss the aim is to signpost and implement best practice/resources to achieve next level

STEP

Incorporate 5 ways of wellbeing plan to achieve greater level of wellbeing



THE STRESS CONTAINER

- Ask Mentees to write down the things that cause them stress at this time.
- Identify a container to put those stressors in.
- Which stressors are most inflated at this time causing the container pressure?
- Ask question on what if?
- Investigate what I can do to reduce the size of these inflated stress ball?
- Keep digging until you have a clear mechanism to deal with the stress

5 WAYS TO WELLBEING FOR PILOTS

CREDIT: WE ARE HUMMINGBIRD



What can we do to give something back to our friends and community?

CONNECT

Through Resilient Pilot
Peer Support, Colleagues.
Ask Questions
Be open to networking

BE ACTIVE

Structured wake up call
Active morning fitness plan

KEEP LEARNING

Keep up to date with procedures and new developments within the industry.

MINDFULNESS

Check your surrounding and be in the moment as best we can. What do we notice?



The 5 ways of Wellbeing Tool is a great way to set up conversation and develop a wellbeing action plan for mentees who are perhaps finding it difficult to structure their downtime.

- Feel free to introduce to Mentees and share
- Ask Mentees to plan how they may implement the 5 ways of wellbeing to their own SITUATIONS



5 WAYS TO WELLBEING FOR PILOTS

Monitor over time

