

## CASE STUDY - AIRLINE PASSENGER PILOT

Zoe, Australia  
Second Captain



### **Pilot Performs Perfect Landings, Upgrades from Small Plane to Cargo Plane to International Passenger Plane - Performance at Work in Critical Times**

"I was recommended to see Elvira by my GP for acupuncture for my sore back about seven years ago. I feel very fortunate to have been given that connection as I don't think I would have got where I have today without Elvira's help. I had recently gone back to work as a pilot after the birth of my first child and was working in a particularly stressful environment flying freight in bad weather with long hours and was to soon undertake training for my first job with an airline after having studied and built up my flying hours for many years.

It certainly was the most challenging period of my life. I had to undertake training with difficult personalities, social bias towards a new mum training as an airline pilot and the expectations to perform at a high standard demanded by the airline, perhaps at an even higher standard than the men to overcome prejudice. I hadn't really experienced failure before as I had always passed my tests in my previous schooling and in the eleven years of aviation training and testing that I had already undertaken. However, it was soon clear that after stumbling over a couple of tests, the new airline I was working for didn't take this lightly and after a meeting with my manager, I was given one more chance of passing my final test to ensure the job that I had worked towards for so many years. Elvira was following me along this path when I first met her and she stepped in to help me out of the spot I was in. I remember her telling me she could help.

She just needed some time with me, a few sessions to work through everything on my mind. I trusted Elvira and let her help me. Elvira helps you clear all the emotion out of the way so you can see things on an analytical level and perform with precision. She turns things around so you can see things from a different perspective and laugh at the things which once caused you pain. She brings to the forefront, the things that are troubling you most and standing in the way of your success. She washes them away so you are able to see clearly and achieve your goals with confidence. I went on to pass that final test to a high standard and I remember enjoying it in a way that I have never experienced in a flight examination.

Elvira has taught me so much and I am able to incorporate her methods into my everyday life and work. She has continued to help me over the years and I have continued to have success at work and have recently moved on to fly larger aircraft on international routes with a major Australian airline. The training was difficult and Elvira offered her help. I almost picked up the phone many times throughout the training but decided to practice applying her techniques on my own. However, for the final test at the end, I could feel the pressure building up and I wanted to pass the exam well. Elvira patiently sat with me and helped me to identify all the self-imposed blocks that were in my way and just like magic, washed them away or turned them around into funny positives.

She makes you realise you are harder on yourself than anyone else and helps you put things into perspective. She helps you get along with other people and form good relationships. When the oceans get rough, she shows you how to ride the wave with a smile. I have never met anyone quite like Elvira who is so capable and talented at coaching you towards your goals. I wish I could have a daily meeting with her so I could be assured of performing that well everyday! In the interests of world peace, I also wish the whole world could have an Elvira to do the same! I think a lot of the time, people are not willing to admit that what is holding them back is themselves but Elvira makes that realisation much less scary, so she can take you where you want to go! Thank you Elvira."



## Passing Simulator Tests

### 1. Please Tell Us In What Way Elvira From Mental Yoga Has Helped You Prepare For The Simulator Test.

Every six months and during training for a new aircraft or promotion, airline pilots have to pass tests in a full-motion flight simulator where you demonstrate competencies in normal and emergency procedures. It is very realistic, like you are in an actual aircraft but in the back of your head, you also know somebody is assessing you and you have to perform at a high standard in order to keep your job.

It is high pressure. There is a lot of study involved which is important but Elvira helps with the other side of things which is making sure you are in a good frame of mind. She helps you identify the parts of the test that you are most worried about and release those worries so your mind is relaxed to deal with emergency after emergency in the flight simulator. All the time, staying calm and confident.

### 2. What Are, In Your Opinion, The Areas Where Elvira's Work Can Really Help To Improve Passing The Simulator Test.

Each simulator test is four hours long. It's exhausting but Elvira helps you deal with the uncomfortable feelings by reminding you to breathe. Her advice and voice is with you throughout the test. As pilots, we are advised to practise for the simulator by 'armchair flying' where you sit down, pretend you are in the aeroplane and go through all your normal and emergency procedures. Elvira takes this to the next level. You sit with your eyes closed and mentally practise the procedures. Elvira coaches you to become aware of mental blocks and then helps you release those thoughts and feelings, so you are left with a feeling of clarity and are able to perform at a higher level.

The airline industry has for some time understood the importance of human factors training for pilots and more recently, in my airline, we have been introduced a way to respond to stressful, unexpected events by 'recognise, confirm, breathe'. This a trained response to deal with 'the startle effect' or the fight or flight adrenaline rush.

Once again, I believe that Elvira is training this at a more in depth level. You remember to breathe and process what is happening in a measured way rather than reacting to the unexpected event without thinking which has been the cause of many aviation incidents and accidents in the past.

#### **4. Please Tell Us What Benefits As A Pilot You Have Gained From Our Mind Work Together.**

I have passed all my flight and simulator tests, training and progressed in my career. Due to various circumstances and despite being very experienced flying lighter aircraft, I honestly don't think I would have passed my initial airline training eleven years ago without Elvira's help.

Since then, I often practise and pass tests without Elvira's help but if I want to pass at a high level, I know to schedule a session of mental yoga beforehand. This has enabled me to progress my career and not get stuck.

Of course, these benefits are important for normal operations too with improved work performance and safety inflight, plus improved relationships and job satisfaction.

#### **5. Please Tell Us Anything Else We Should Know.**

I like how mental yoga can be used independently. Elvira is setting you up for success to achieve on your own. You are encouraged to implement the strategies to use by yourself so you don't feel reliant on Elvira all the time. However, as life progresses and you want to move onto new things or up to the next level, Elvira's mind-coaching skills are essential to lead you in self-improvement so you can contribute at your best. Elvira is a genuine, caring person and I consider her a friend.

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