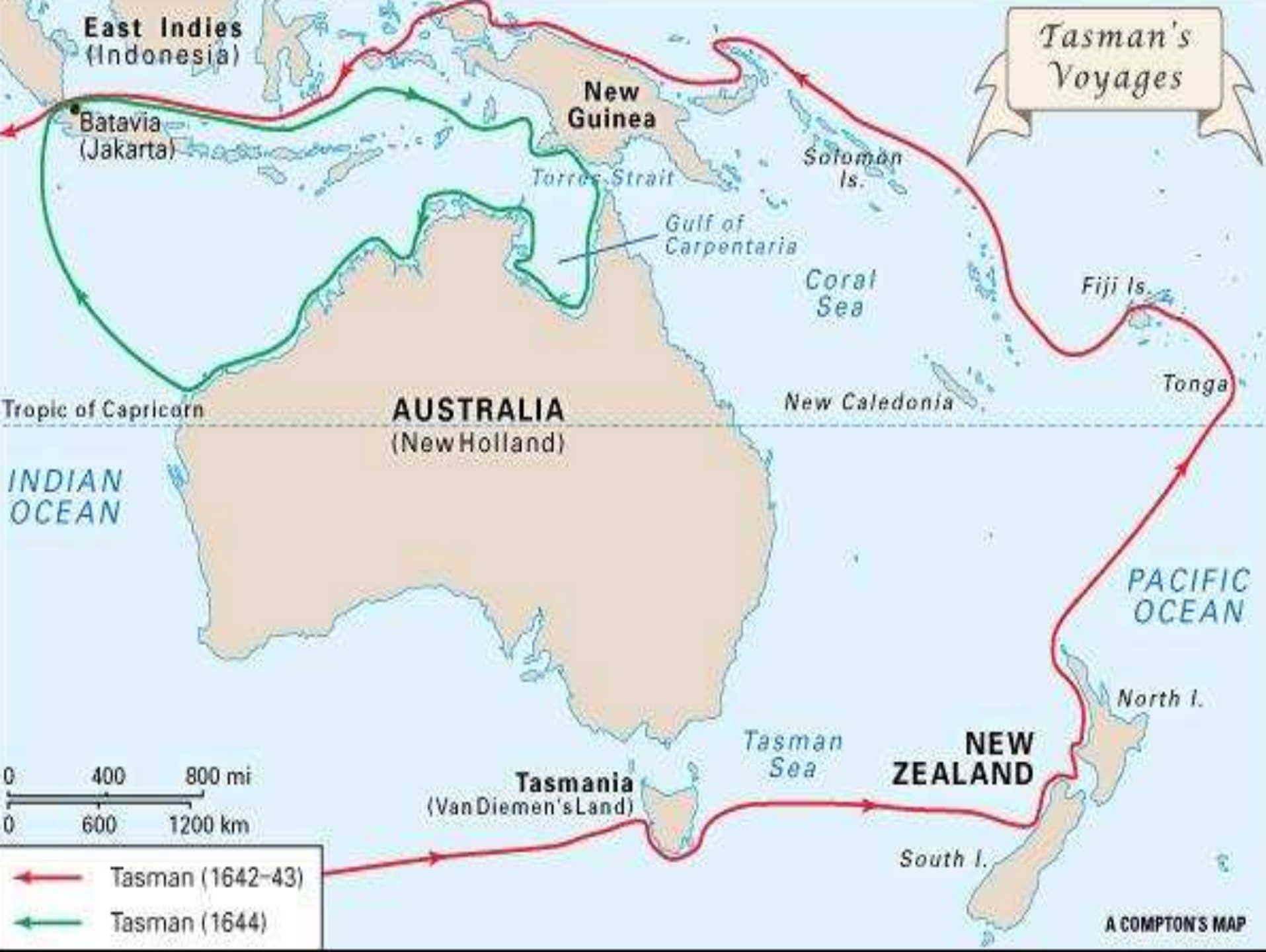


DISCOVER HOW MENTAL FITNESS CAN IMPROVE YOUR AIR SAFETY

**Keep up your passion for flying
with TASMA®**



In Aviation, accidents almost always occur in a sequence of mistakes. Stress is one of the first contributing factors lead into the rest causing the effect.

In order to maintain safety in aviation, stress must be managed to avoid an accident.

Mental health is
an issue in the
aviation industry!



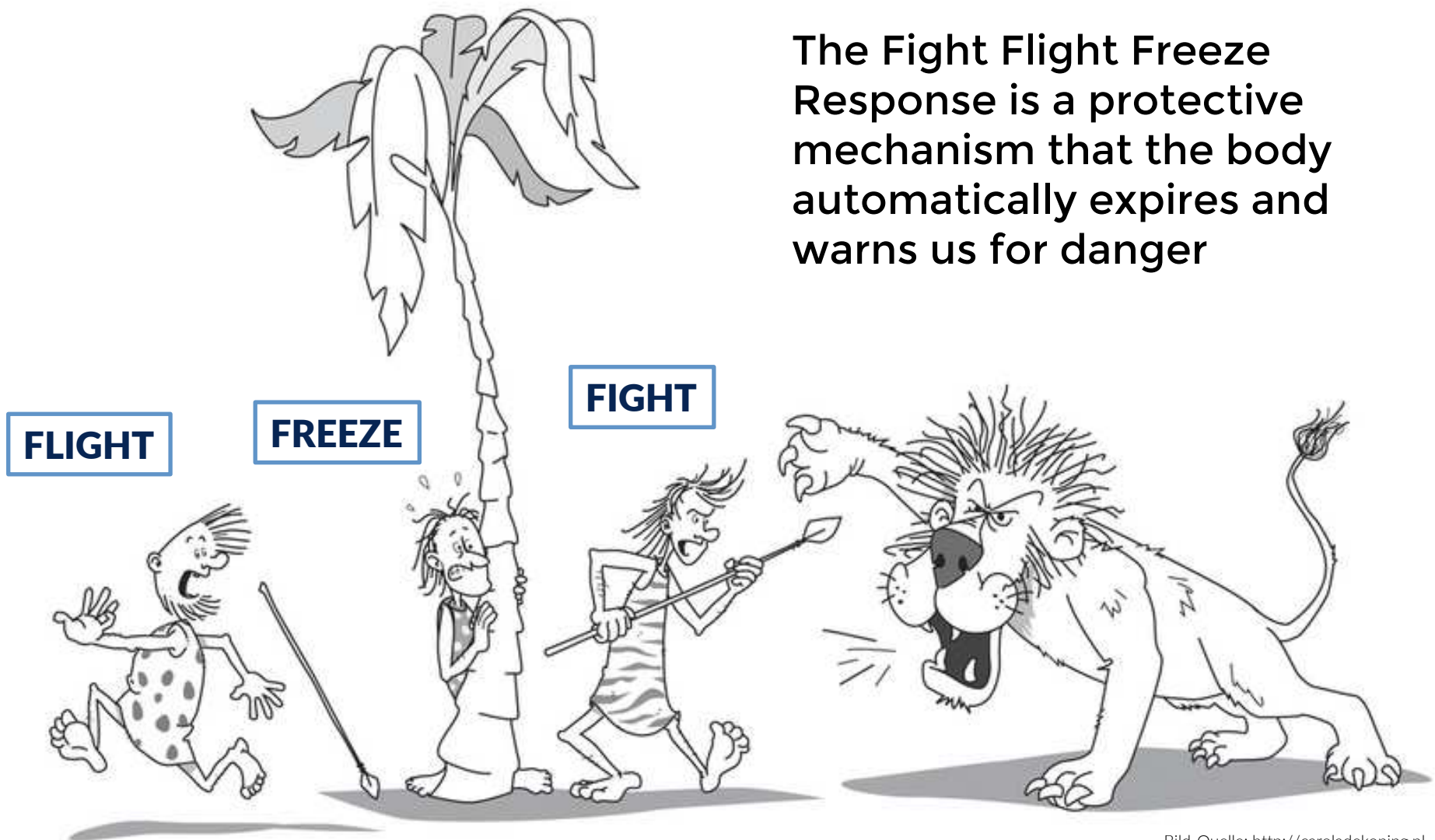
Stress costs
Europe over
EUR 600 billion
a year!



A photograph of a sailboat on a blue ocean under a clear sky. The boat's mast and rigging are visible on the left side. The text 'DISCOVERY TRIP INTO THE HUMAN BODY & BRAIN' is overlaid on the right side in a bold, dark blue font.

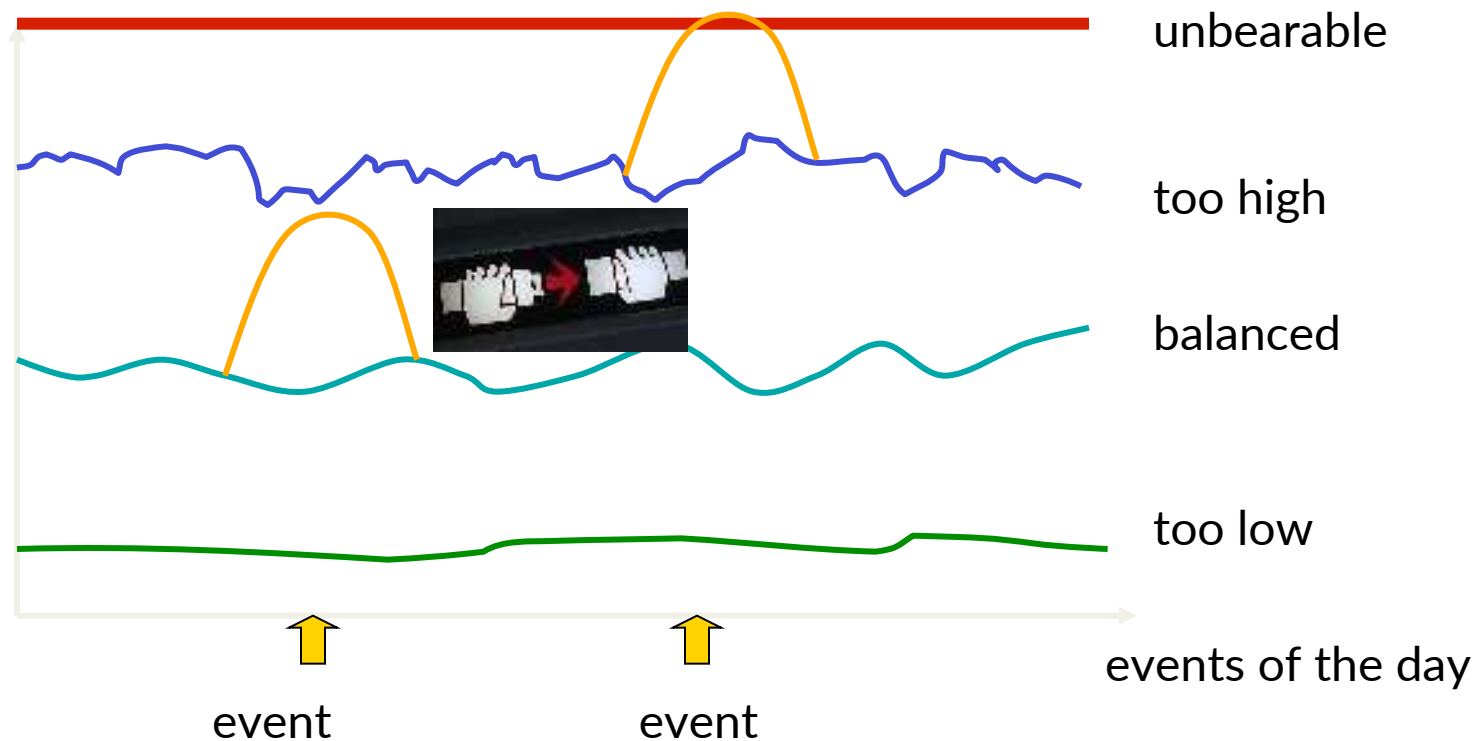
DISCOVERY TRIP INTO THE HUMAN BODY & BRAIN

The Fight Flight Freeze Response is a protective mechanism that the body automatically expires and warns us for danger





Arousal



**Studies show
4 out of 5
pilots have to
cope with
fatigue in the
cockpit!**





**Studies show that
1 of 3 Europeans
suffers from a kind
of insomnia**

**Ensuring the mental health
of aircrew is crucial
for the safety of air operation!**



TASMA® Trainings



Language: English (on request in German possible)

Duration: 2 Days

Training schedule:

Day 1: 09:00h until 18:00h

Day 2: 09:00h until 18:00h

Number of participants: Max. 12 persons

Certificate: After complete and successful participation in the 2-day training, the participants receive a confirmation of participation.

TASMA® Trainings



Participation Fee & Services:


Please check out our website for more information.

For on-site training at the airline/airport training centers we offer special packages.

Please contact us for a customer tailed offer!

E-mail: info@tasma-aviation-training.com

Phone: +41 (0)79 524 84 55

The image is a photograph taken from inside an airplane, looking out through a circular window. The window frame is visible, and the view outside shows the white wing of the airplane extending towards the bottom right. The sky is filled with soft, white clouds. Overlaid on this view is a block of text in a dark blue, sans-serif font.

**TASMA® inspires
you to change the
way YOU see
YOUR world &
how YOU deal
with it!**

Mental Training

Peak Performances



TASMA® Methods

wingwave®



TASMA® Methods

Myostatik-test



TASMA® Crew Support



TASMA® Pilot Fatigue Coaching



TASMA® Crew Support

Pilot Fatigue Coaching



Language: English, German or Dutch

Duration of a coaching session: The number and duration of the sessions is strongly dependent on the topic being worked on. In most cases, 2-5 sessions are ideal to achieve a lasting change. Our coaching sessions have no fixed schedule, as it is always adapted to the needs of the individual. The content and process of the coaching session can be discussed in a free telephone information call.

Number of participants: One person with individual supervision.

Venue: Our Crew Support is the whole year available at Tasma Aviation Training – c/o Tasma Life Balance (at the Campagne Oberried), Seftigenstrasse 118, 3123 Berne-Belp, Switzerland. Other location and on-site support on request.

Professional Coach Training



TASMA® Team

Diederika Tasma & Markus Egger



Our Training Locations

Tasma Life Balance Berne-Belp



Our Training Locations

QCM Campus Bern-Belp



Thank you very much for
your attention!





Tasma Life Balance
Seftigenstrasse 118
CH-3123 Berne-Belp
Switzerland

+41 (0) 79 524 84 55
info@tasma-aviation-training.com
www.tasma-aviation-training.com