

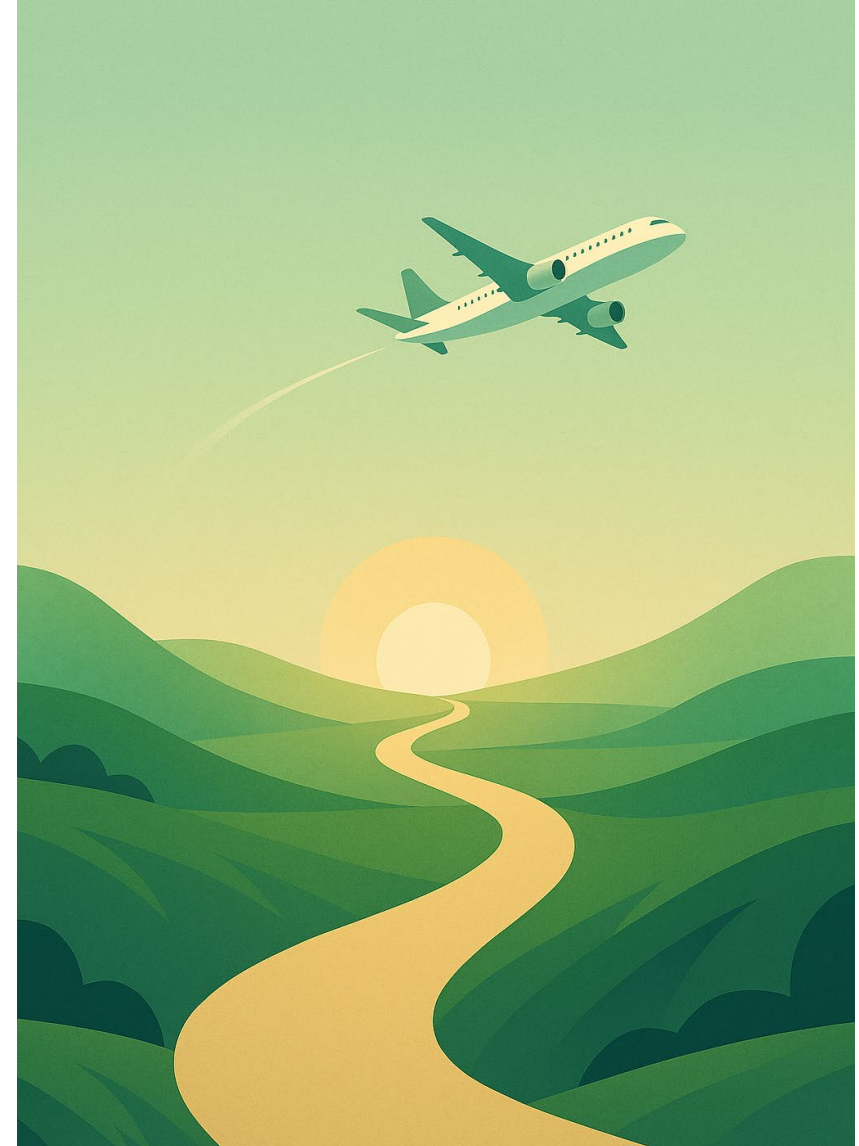
# PATH TO WELLNESS

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3<sup>rd</sup> November, 2025



# Agenda

- Psychological Screening of Pilots
- Identification of Cognitive Competencies
- Identification of Emotional Competencies
- Training Phase – Pressure to Perform
- In The Air – Operational Performance
- Lifestyle and Health Behaviours
- Fatigue and Stress – Invisible Threats
- Personal Life and Relationships
- Interactive Segment

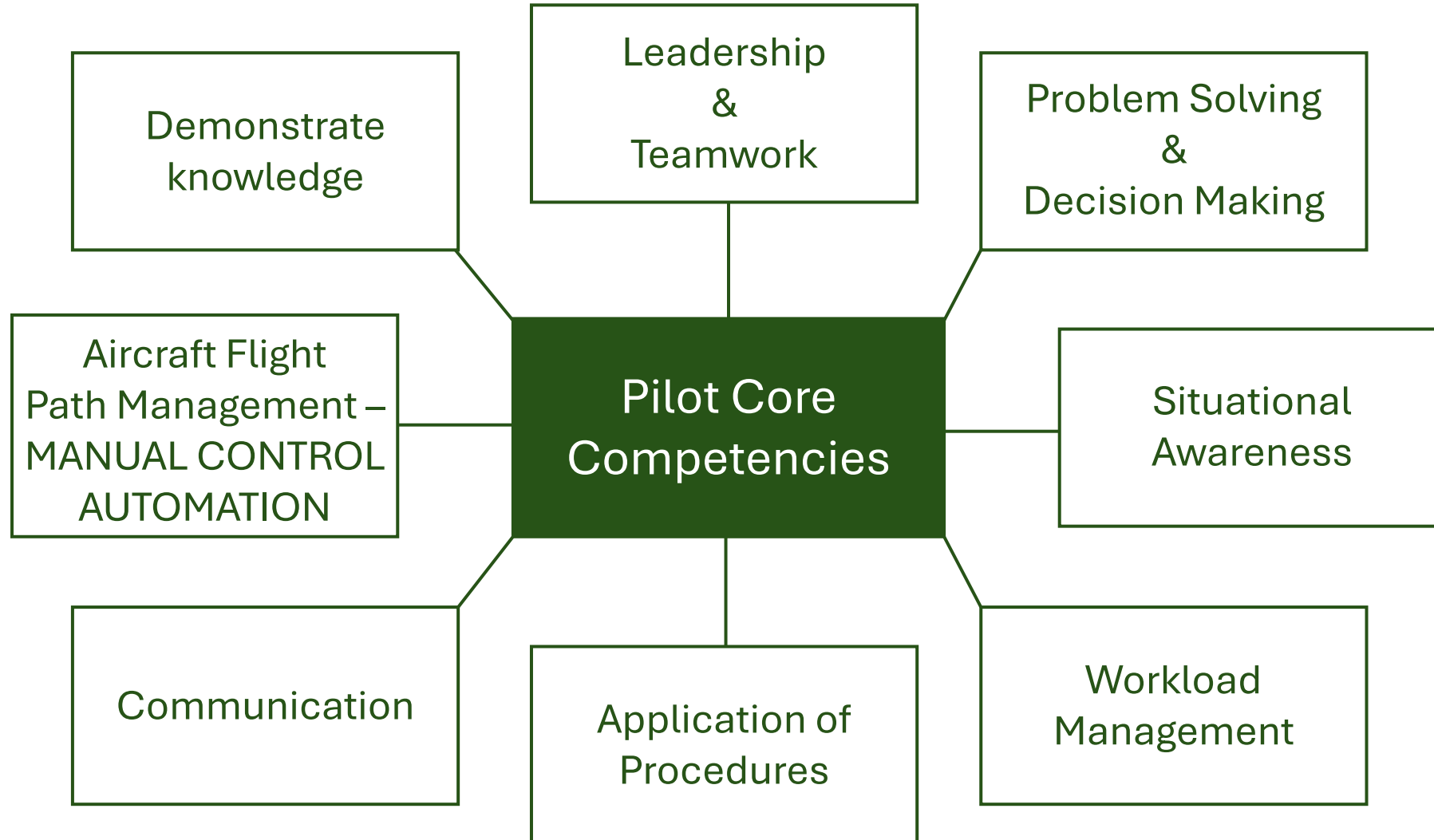


# Psychological Screening for Pilots

- Purpose of Screening
- Assessment Tools



# Identification of Cognitive Competencies



# Identification of Emotional Competencies



## Social Engagement

- Leadership Skill
- Persuasive Skill
- Conversational Skill
- Expressive Skill

Energy Regulation

## Self Management

- Task Management
- Time Management
- Detail Management
- Organizational Skill
- Responsibility Management
- Capacity for Consistency
- Goal Regulation
- Rule-following Skill
- Decision-making Skill

## Compound Skill

- Adaptability
- Capacity for Independence
- Self-reflection Skill

Information Processing Skill

## Innovation

- Abstract thinking Skill
- Creative Skill
- Artistic Skill
- Cultural Competence

## Cooperation

- Teamwork Skill
- Capacity for trust
- Perspective-taking Skill
- Capacity for Social Warmth

Ethical Competence

Impulse Regulation

## Emotional Resilience

- Stress Regulation
- Capacity for Optimism
- Anger Management
- Confidence Regulation

# Training Phase – Pressure to Perform

- Stressors during academic and simulator training
- Identifying early signs of mental strain and burnout
- Supporting trainees with tailored feedback and mentoring



# In the Air – Operational Performance

- In-flight stress, task saturation, and fatigue
- Evolution of personal ability and capability with experience
- Communication, decision-making, and CRM under pressure



- **Sleep hygiene and circadian challenges**
- **Nutrition, Exercise, and Health Maintenance**
- **Substance use: Caffeine, Alcohol, and Medications – safe limits**



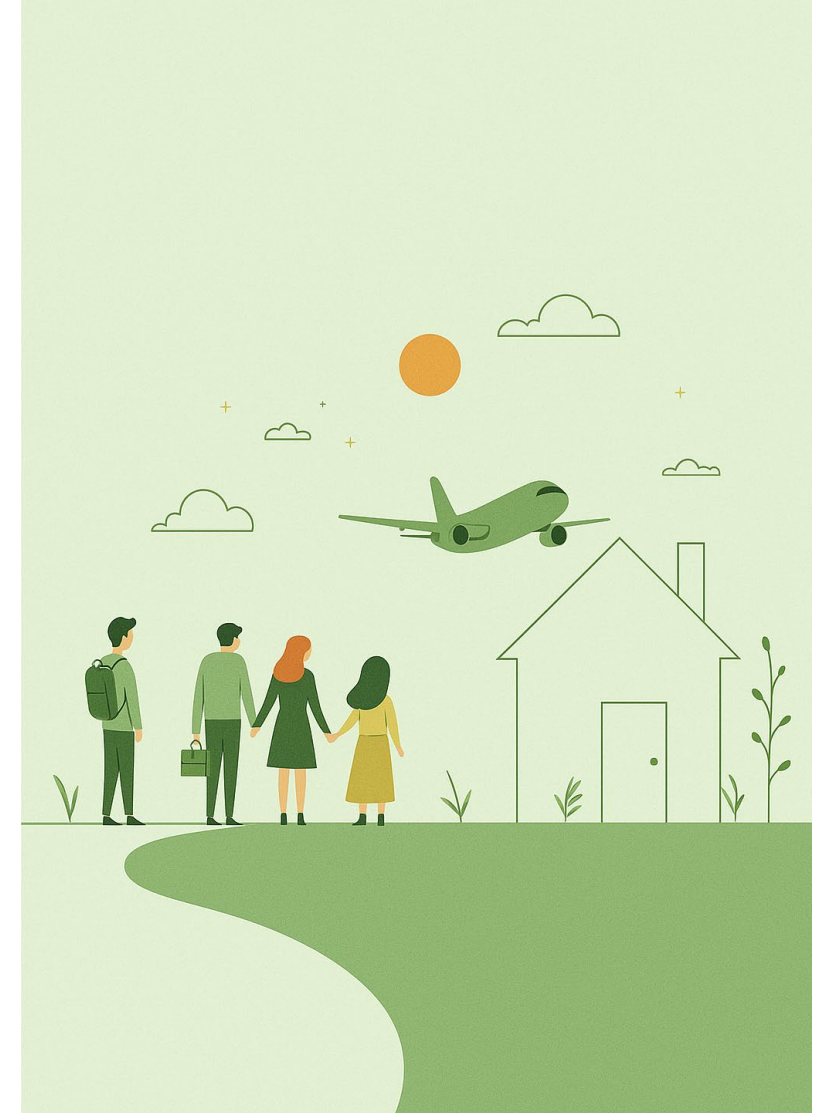
# Fatigue and Stress – Invisible Threats

- **Chronic fatigue vs. acute sleep loss: identification and intervention**
- **Impact of stress on judgement, mood, and performance**
- **Fatigue reporting and mitigation tools (FRMS, peer support)**



# Personal Life and Relationships

- **Spillover of aviation stress into family and social life**
- **Support systems and stigma around seeking help**
- **Encouraging work-life integration, not just balance**



# Interactive Segment

- Panel discussion with pilots, psychologists, and instructors
- Case Scenarios: Real-life challenges and resolutions
- Anonymous Polls: Fatigue, lifestyle habits, stress indicators



<https://ahaslides.com/84IZI>



**SCAN QR**

# Thank you for your time

*“In aviation, performance begins long before take-off, it starts with how we live, rest, and take care of ourselves.”*

