




















Fear of flying training plan

Intensive week (7 days)

Recommended: 45-60 minutes daily

Aim: Initial exposure, intensive understanding, emotional preparation and desensitisation.
Perfect as an introduction or before a planned flight.

Day Modules & Units Aim & Exercise:

DAY 1	DAY 2	DAY 3	DAY 4
 FEAR OF FLYING MODULE: 01 Chapter 1 to 7	 FEAR OF FLYING MODULE: 01 Chapter 8	 FLIGHT PHASES MODULE: 04 02:57 Min. Flight phase 1 to 12	 FLIGHT PHASES MODULE: 04 02:57 Min. Flight phase 12 to 20
 NO-PANIC MODULE: 02 00:58 Min. Coherent breathing	 THE MINDFLIGHT MODULE: 03 12:48 Min. Against fear of flying	 MINDFUL TRAVEL MODULE: 08 05:39 Min.	 THE MINDFLIGHT MODULE: 03 12:48 Min. Against fear of flying
 NO-PANIC MODULE: 02 02:48 Min. The instructions			 FLIGHT PHASE QUIZ MODULE: 06.1
 NO-PANIC MODULE: 02 09:00 Min. The rhythm			
Introduction, psycho-education, getting to know breathing regulation.	Repeat breathing exercise. Introduction to the 'head flight' + first mental flight.	Understanding flight phases (take-off phase), learning to categorise sounds.	Repeat head flight. Simulate flight sequence up to landing. Safety through knowledge.
DAY 5	DAY 6	DAY 7	
 GOOD TO KNOW MODULE: 05 04:09 Min. Chapter 1 to 6	 GOOD TO KNOW MODULE: 05 04:09 Min. Chapter 7 to 12	 THE MINDFLIGHT MODULE: 03 12:48 Min. Against fear of flying	Before every flight: <ul style="list-style-type: none"> • Stress-Free Flight Preparation • 3 min coherent breathing • Listen to head flight • Meditation 'body flight' • Ask pilot questions individually
 NO-PANIC MODULE: 02 02:48 Min. The instructions	 GOOD TO KNOW-QUIZ MODULE: 06.2	 MEDITATION MODULE: 07 06:22 Min.	
 NO-PANIC MODULE: 02 09:00 Min. The rhythm			
Pilot knowledge – rational safety assessment. Repeat breathing.	Deepening safety, active repetition via quiz.	Mental training for the entire flight + relaxation.	 STRESS-FREE FLIGHT PREPARATION From booking to landing
			How to prepare for your flight calmly and confidently

