

# Reality Based Training



**“The Evolution of Cabin Crew Training”**

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graph LR; A((Reality Based Training)) --- B[Utilizes Tools]; A --- C[Techniques]; A --- D[Methodologies]; A --- E[Immersive]
```

**Reality Based Training**

Utilizes Tools

Techniques

Methodologies

Immersive

# How Stress Impacts Human Function



- Loss of motor skills 115-160bpm
- Blood flow is redirected away from extremities to major organs
- Fine motor skills are diminished

# How Stress Impacts Human Function



- Tunnel vision
- Auditory occlusion
- Impaired or loss of your cognitive processing
- Voice
- Time and space distortion

# Preparing for the Impact of Stress



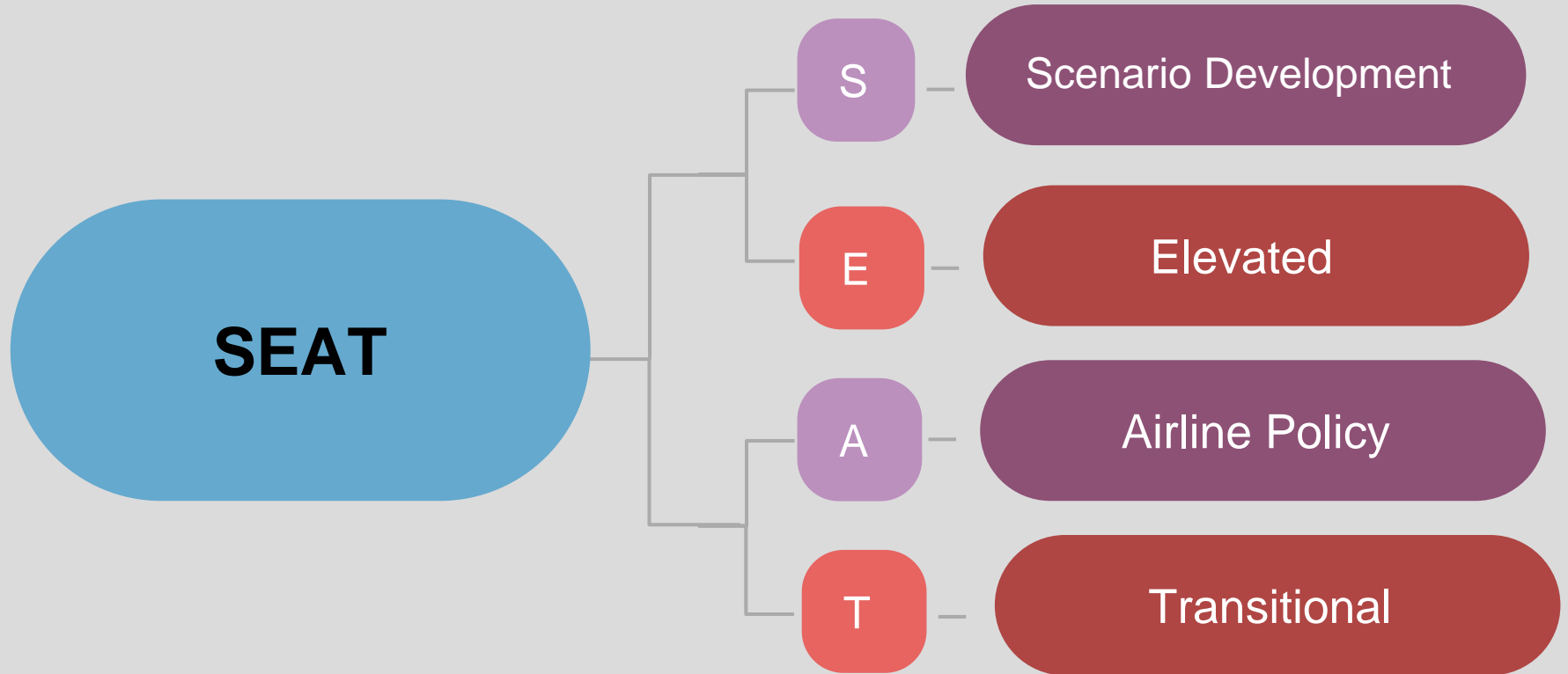
- Accept the fact that it will impact you
- Implement stress inoculation into functional skills training

## The Benefit of Stress Inoculation

Helps cabin crew stay functional during a volatile incident by maintaining critical thinking.

# **Practical Skills Exercise**

# Reality Based Training



**IRCC Principle**

I

Identify

R

Respond

C

Control

C

Care



De-escalation  
Strategies

Cabin Crew  
Threat Response



Instructor Professional  
Development

Customized E-  
learning

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