

CONCENTRATION & FOCUS



COURSE SUMMARY

Being trained in how to concentrate effectively will improve our skills to handle different types of distractions and interruptions. By learning how to concentrate and focus we increase our mental performance and provide more brain capacity into our work.

GATE's new and innovative concentration and focus course provides new tools to operational personnel and learners. Working in the Operations Room, leading staff or being in a demanding initial training phase requires high performance more than ever. Stress is becoming a normal element in our daily life; therefore, new tools are required.

The course is fostering a new generation of personnel for the aviation industry who are being trained to motivate themselves with encouragement rather than criticism and to tackle stressful situations with greater ease. When a person learns how to soften the inner critic, a successful outcome in the Operations Room or classroom is more likely to become the result.

Our Concentration and Focus course encompass seven training sessions. The sessions are experience-based. It is a skill-building program with methods and techniques aimed at enhancing attention span and concentration.

COURSE CONTENT

- Obtaining proficiency in dealing with stress
- Effectively increasing coping mechanisms in case of professional mishaps through compassion training
- Learning to embrace imperfections, motivating yourself with encouragement and kindness rather than criticism
- Gaining knowledge of a mindful attitude to effectively orient the mind to have a positive outlook
- Re-establishing the link to the individual's core values
- Becoming acquainted with techniques to calm yourself and gain confidence in your personal strength
- Boosting your mental performance



Course Duration
7 SESSIONS



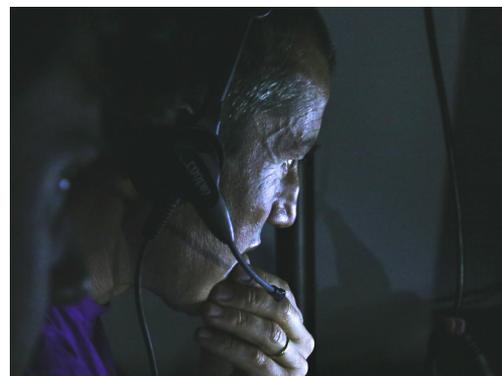
Group Size
4 - 12



Course Dates
CALL FOR DETAILS

Who should attend the course?

GATE's concentration and focus course is designed for ATC, ATS & ATSEP personnel. The course is relevant to all operational personnel, OJTI's, supervisors, technicians, managers and learners.



For more information about this or any other course please contact:

info@gate.aero