

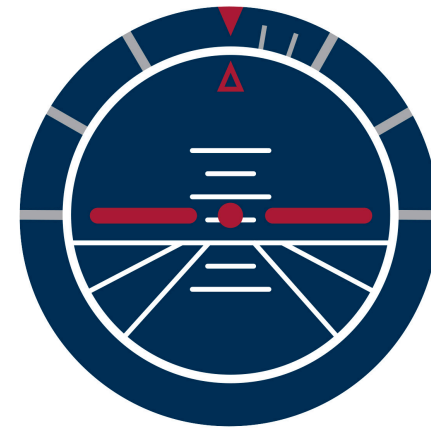
A red graphic element resembling a stylized arrow or a flame, pointing upwards and to the right, positioned behind the letter 'O' in the word 'HICKSON'.

HICKSON

experience from the front line

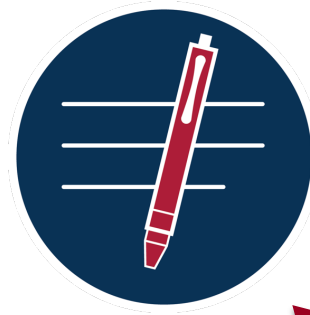


Choose Your Flight Path



[@MandyHickson](https://twitter.com/MandyHickson)

Communication



Cultural Change



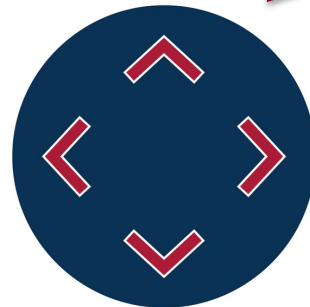
Decision Making



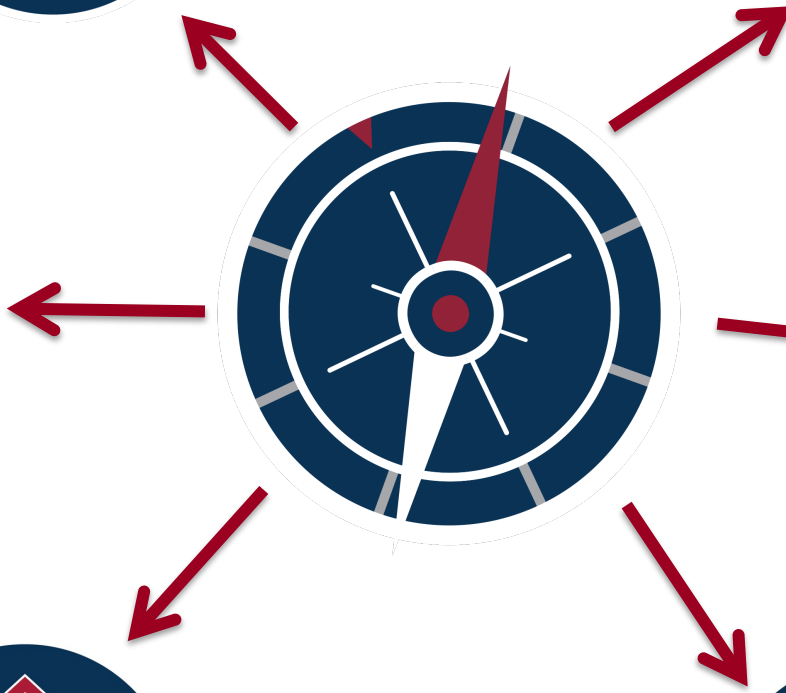
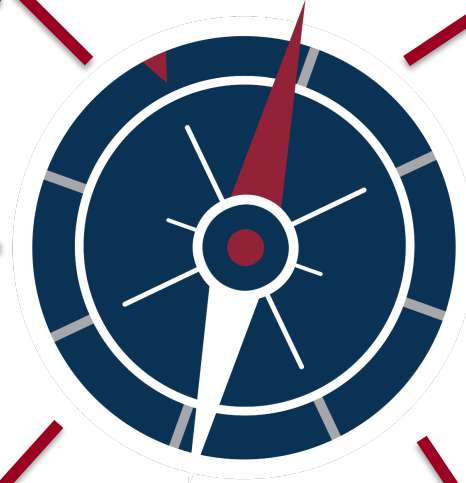
Teamwork and Leadership



Threat and Error Mgt



Situational Awareness



A red abstract graphic consisting of a curved line that forms a partial circle on the left side, with several sharp, pointed shapes extending from the top of the curve towards the right.

Situational Awareness

What is it?

Situational Awareness



- ‘The perception of the elements in the environment within time and space, the comprehension of their meaning and the projection of their status in the near future’.

Dr Mica Endsley

- The Bigger Picture
- What affects our SA?



Notice

Understand

Think

Ahead

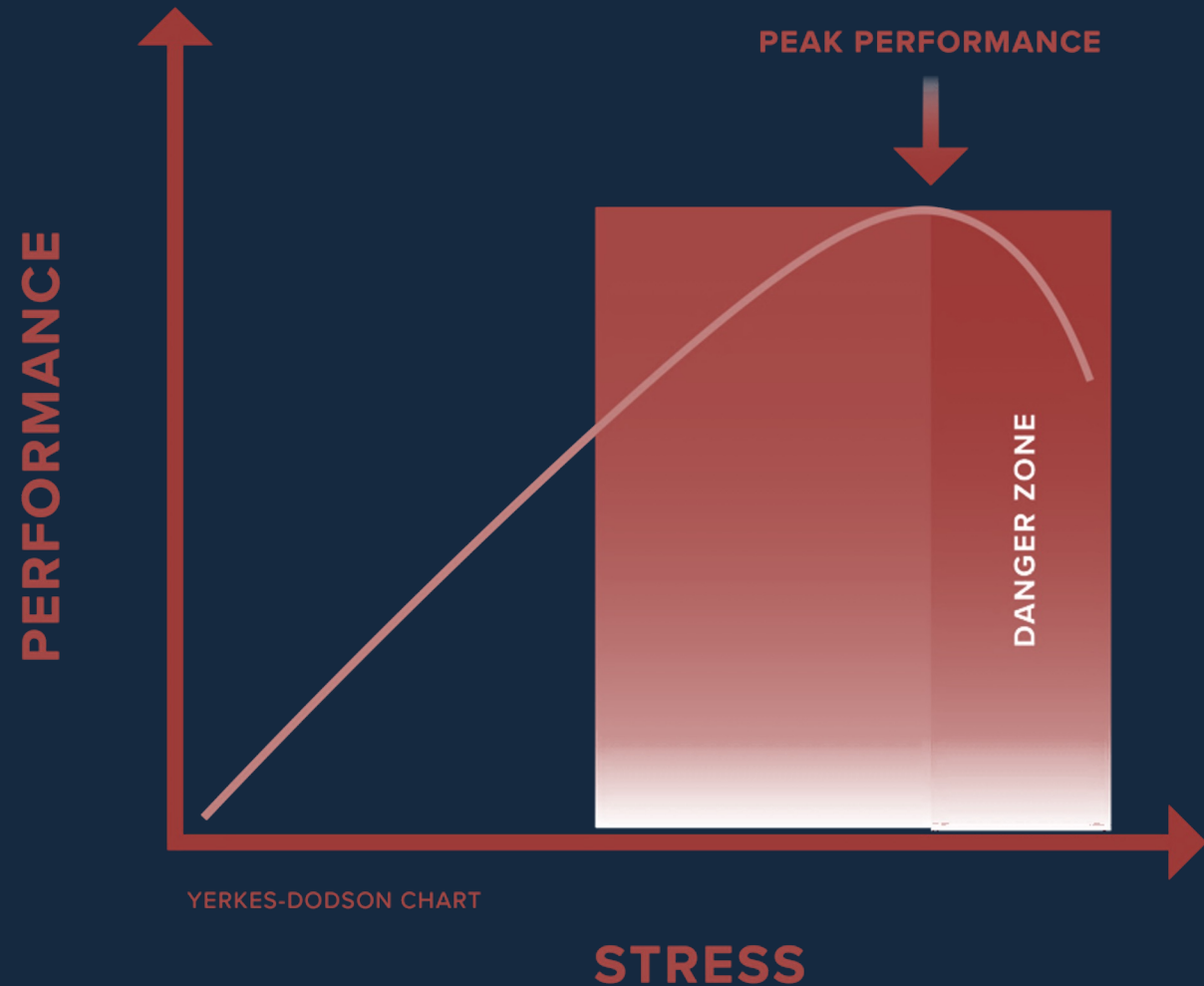
Human Limitations

- Tunnel vision
- Stress bucket
 - Chronic (long term)
 - Acute



Human Limitations

- Tunnel vision
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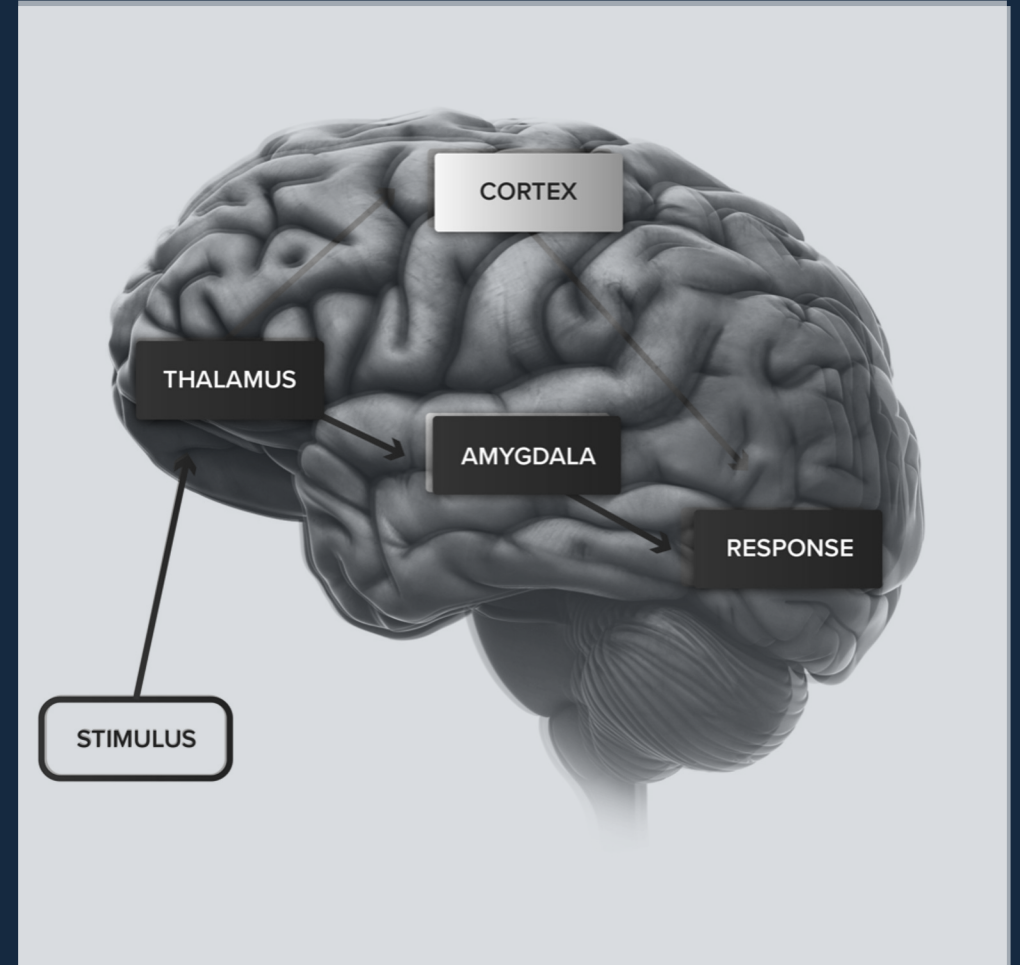


Amygdala Hijack

- Cortisol and adrenaline are released
- Increase heart rate
- Sweat
- Goosebumps

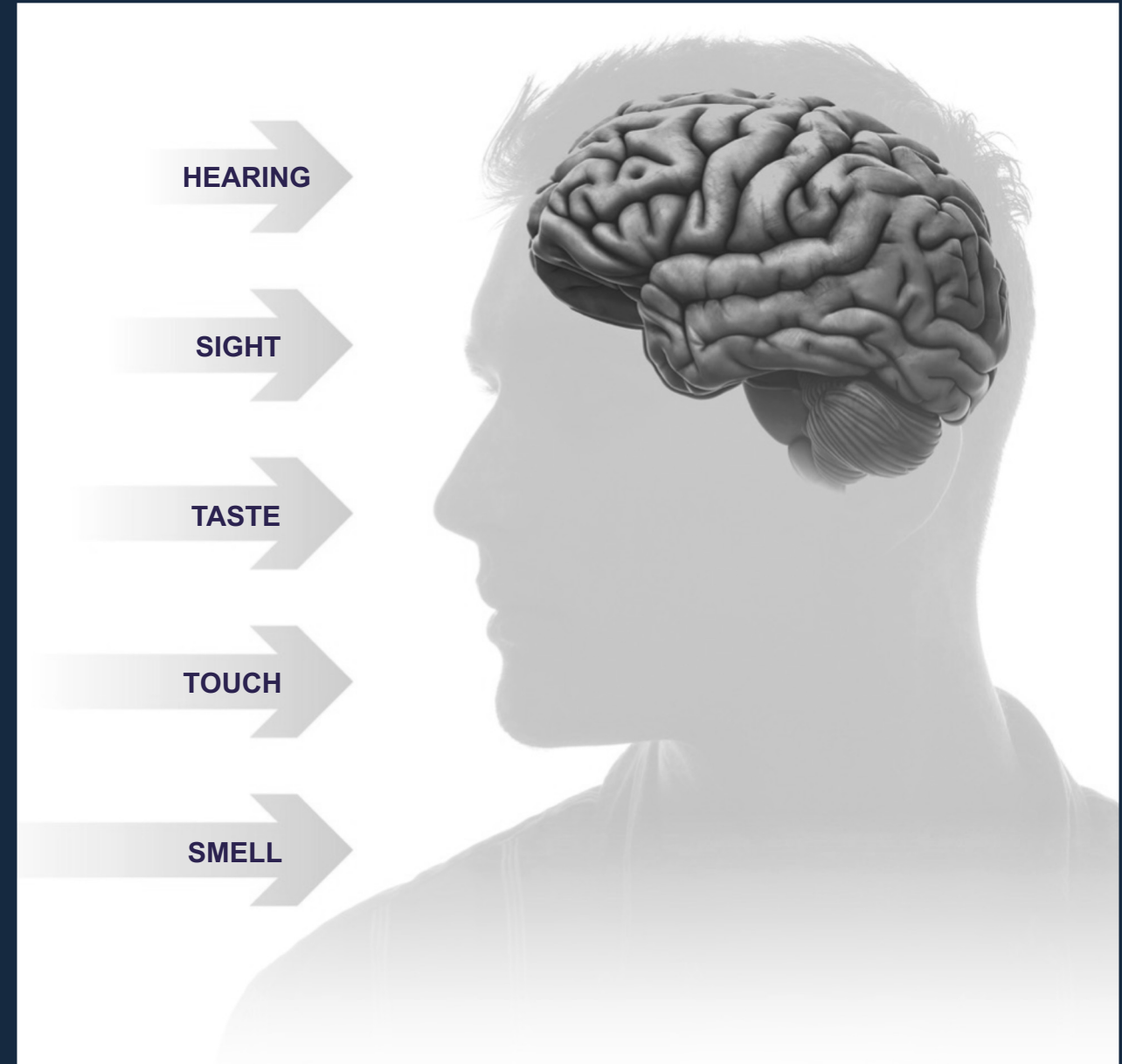
What to do?

- Recognize
- Activate the frontal cortex
- Acknowledge stress/FFF
- Calm down by breathing in and out very slowly
- Use silence



Cognitive overload

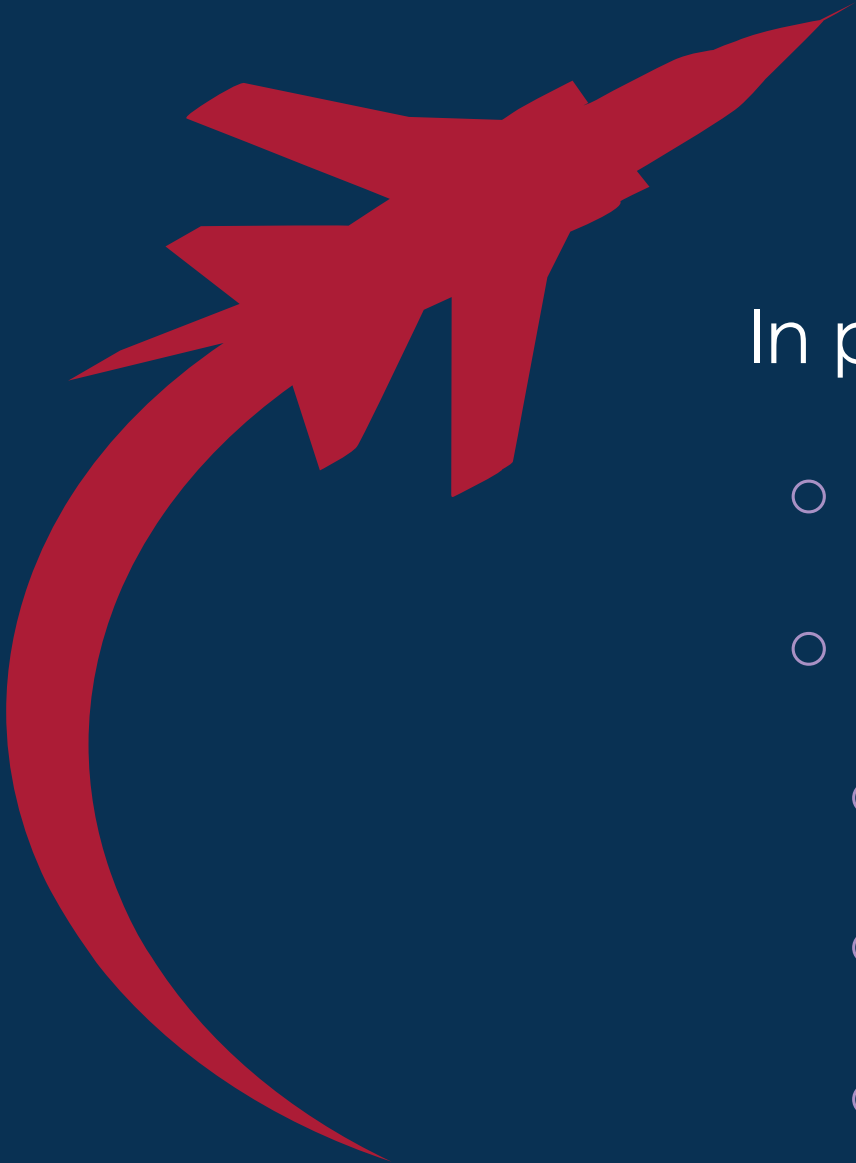
- Senses start shutting down
- How many pieces of information can your brain hold?
 - 7 ± 2
- When mental capacity is full, working memory is full your speech and hearing are impeded



High workload

In periods of HIGHER workload:

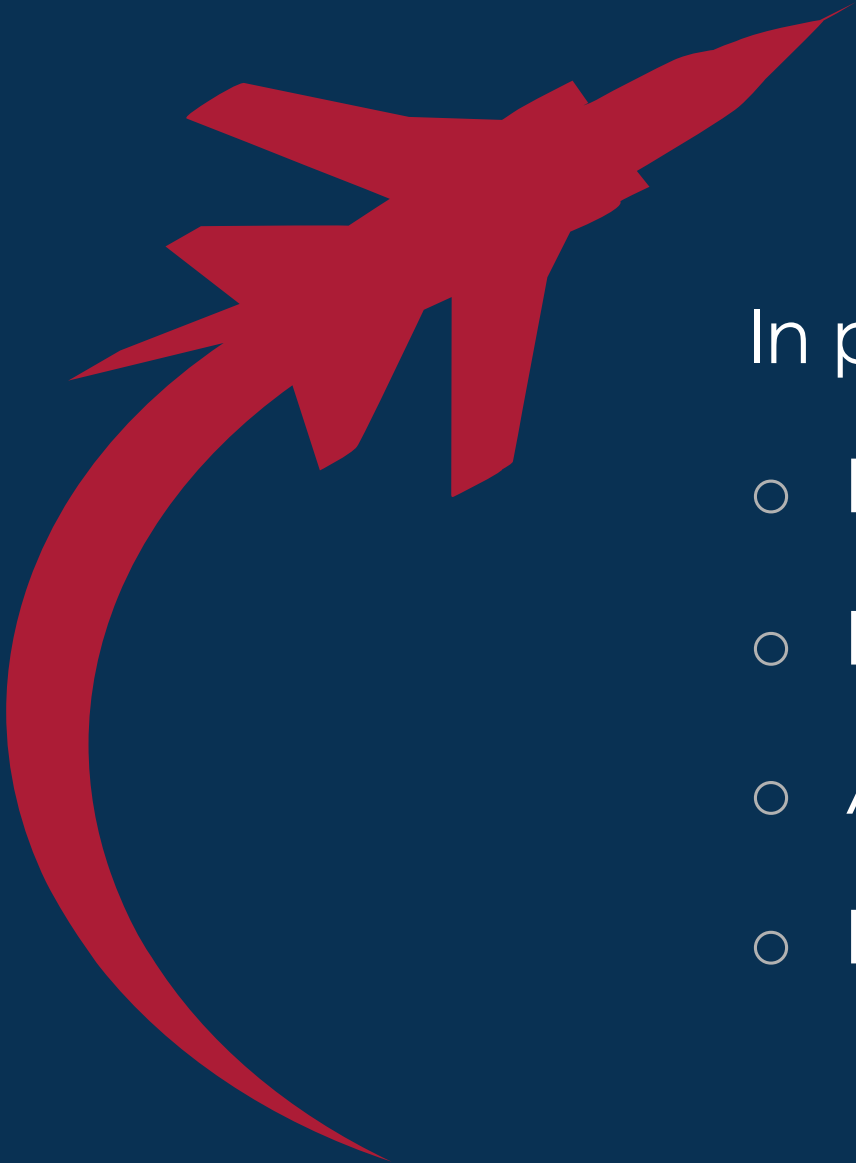
- Tunnel vision
- Mental capacity saturated
- Poor hearing & communication
- Appreciation of time goes
- Stops NUTA progression



Lower workload

In periods of LOWER workload:

- Easier to NUTA & project ahead
- Look to predict the “what if’s?”
- Anticipate future scenarios
- Plan accordingly



Coping Tools



S/A BRIEF - Alia Al Salem, Kuwait - local. Tornado GR4.

WHEN	WHAT	MITIGATE
GROUND	FOREIGN OBJECT DAMAGE	MAINTAIN SPACE BETWEEN WINGMAN
TAKE-OFF	VERY HOT CROSS WIND ENGINE FAILURE	X-WIND - RIGHT. FIELDS TO R → INTO WIND
DEPARTURE	TERRAIN ENEMY THREAT	STAY LOW, GAIN SPEED, HIGH CLIMB RATE

Debrief Funnel



WHAT

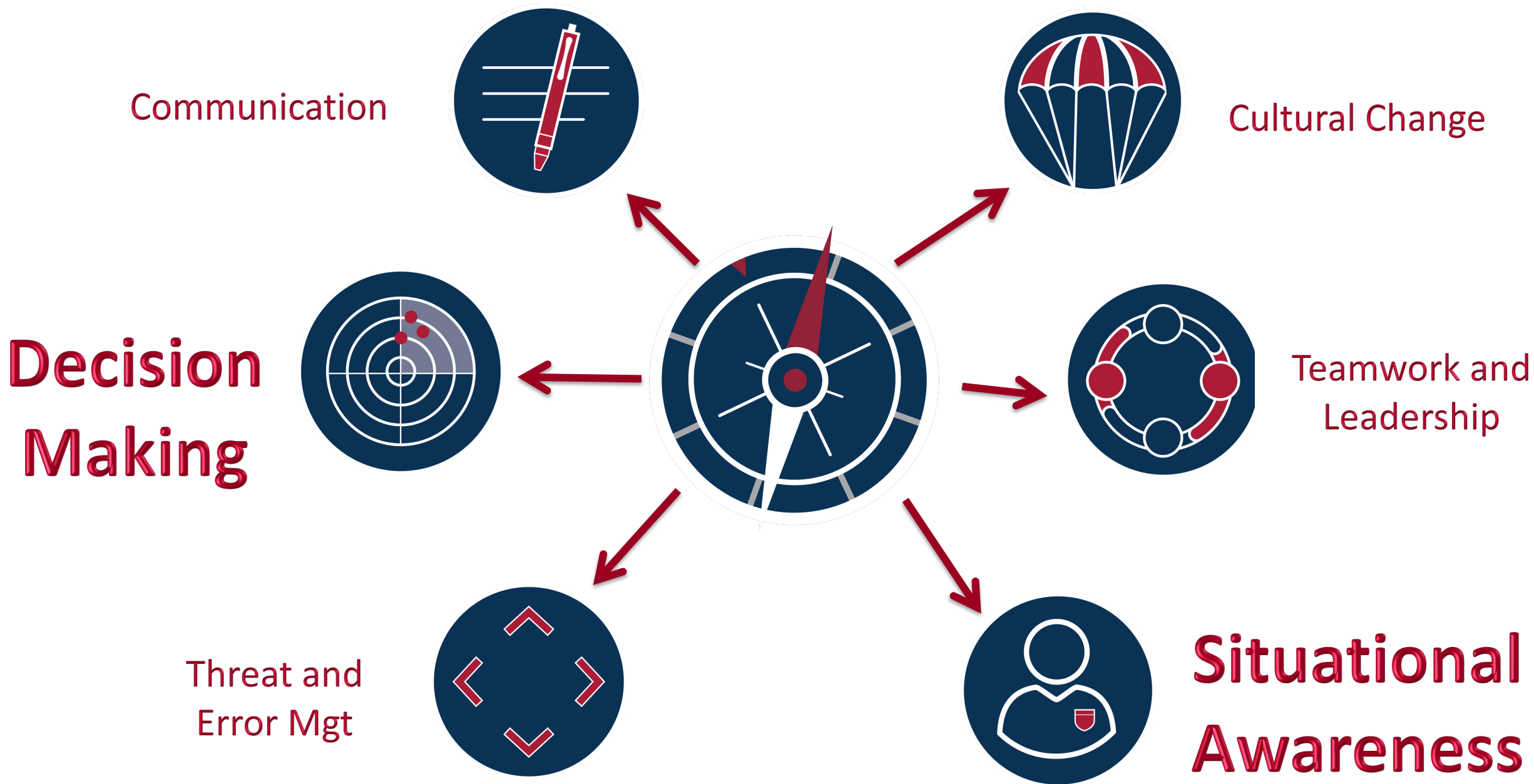
facts

WHY

cause

HOW

cure



Communication

Cultural Change

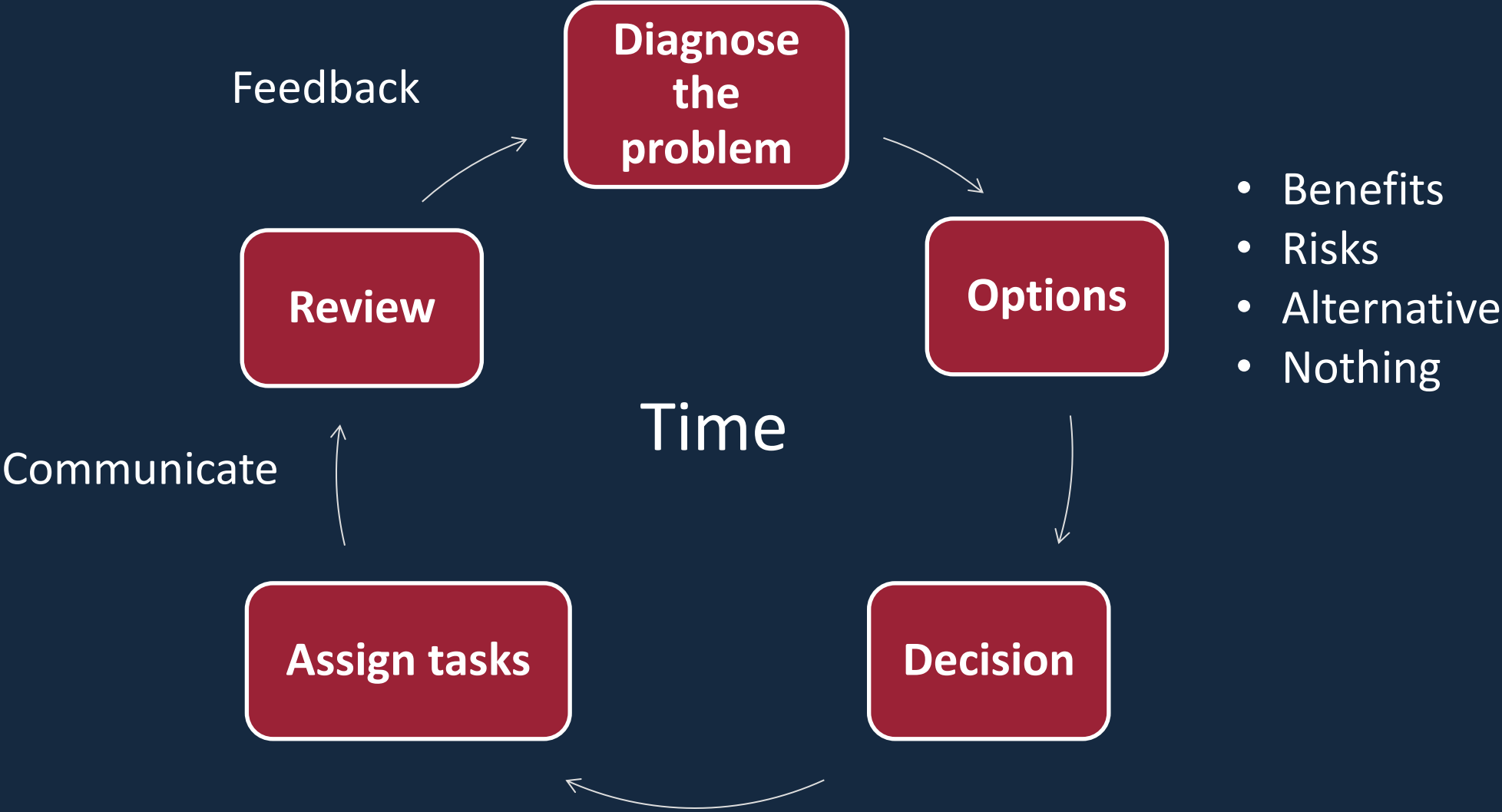
Decision Making

Teamwork and Leadership

Threat and Error Mgt

Situational Awareness

TDODAR



TDODAR

Time

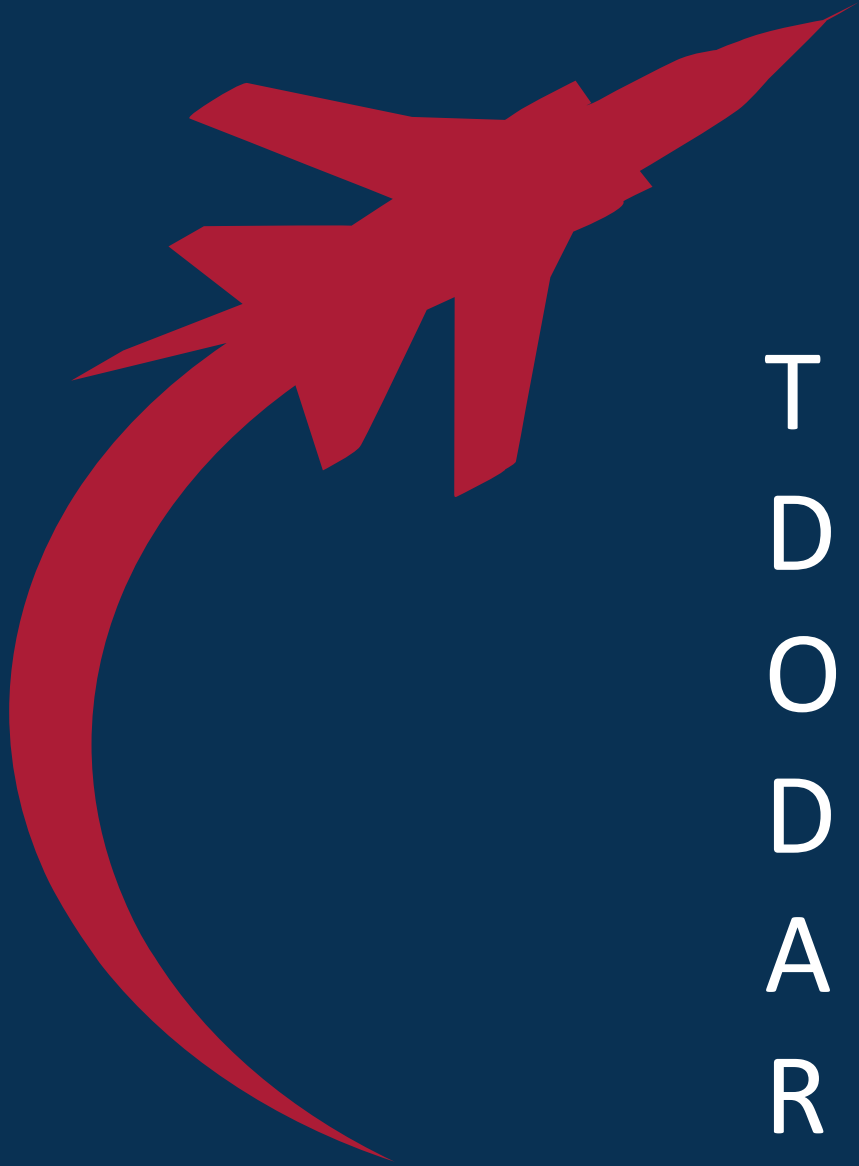


How much time do we have?

When is our deadline?

How worried / urgent is this situation ?
Scale of 1 – 10

TDODAR



T
D
O
D
A
R

Time
Diagnose

TDODAR

Diagnose



- How ?
- What ?
- Where ?
- When ?
- Who ?

TDODAR

B

R

A

N

Options



Contamination
area



Options



B

What are the benefits ?

R

What are the risks ?

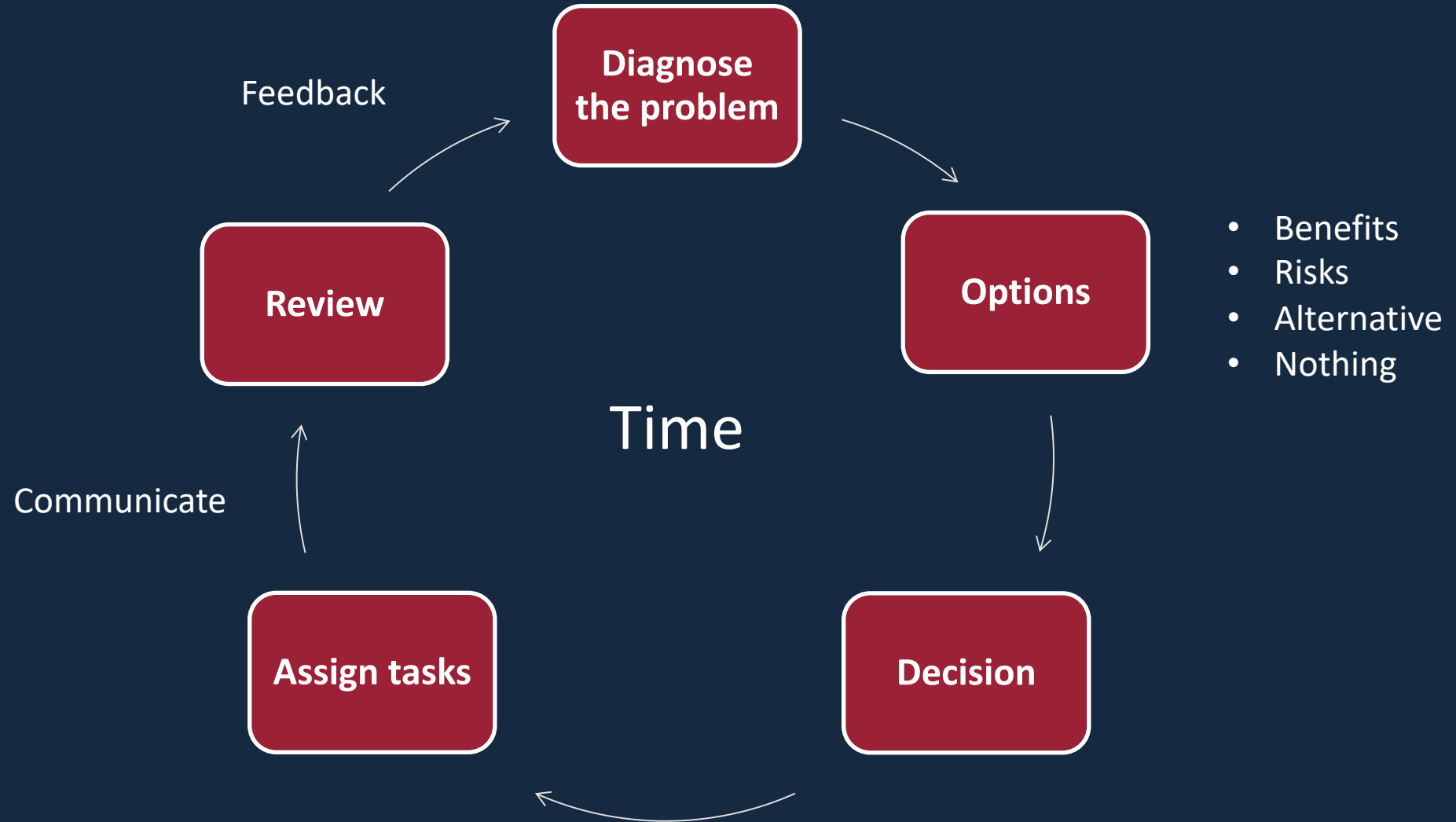
A

Is there an alternative ?

N

Should we do nothing ?

TDODAR





Control the
controllables,
and if you
can't...

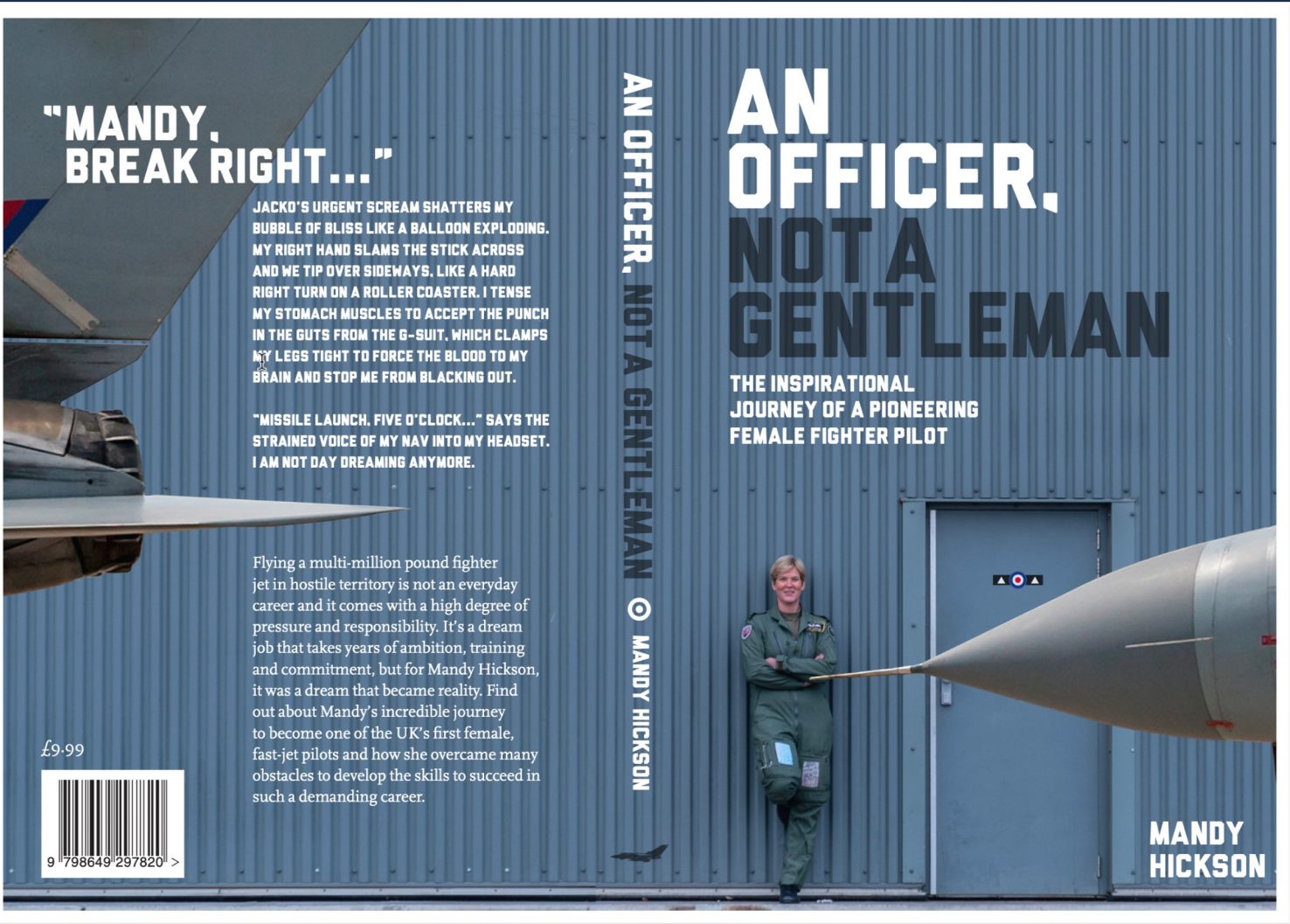
LET IT GO



Aviate

Navigate

Communicate



**"MANDY,
BREAK RIGHT..."**

JACKO'S URGENT SCREAM SHATTERS MY BUBBLE OF BLISS LIKE A BALLOON EXPLODING. MY RIGHT HAND SLAMS THE STICK ACROSS AND WE TIP OVER SIDWAYS. LIKE A HARD RIGHT TURN ON A ROLLER COASTER. I TENSE MY STOMACH MUSCLES TO ACCEPT THE PUNCH IN THE GUTS FROM THE G-SUIT, WHICH CLAMPS MY LEGS TIGHT TO FORCE THE BLOOD TO MY BRAIN AND STOP ME FROM BLACKING OUT.

"MISSILE LAUNCH. FIVE O'CLOCK..." SAYS THE STRAINED VOICE OF MY NAV INTO MY HEADSET. I AM NOT DAY DREAMING ANYMORE.

Flying a multi-million pound fighter jet in hostile territory is not an everyday career and it comes with a high degree of pressure and responsibility. It's a dream job that takes years of ambition, training and commitment, but for Mandy Hickson, it was a dream that became reality. Find out about Mandy's incredible journey to become one of the UK's first female, fast-jet pilots and how she overcame many obstacles to develop the skills to succeed in such a demanding career.

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AN OFFICER, NOT A GENTLEMAN  **MANDY HICKSON**

AN OFFICER, NOT A GENTLEMAN

THE INSPIRATIONAL
JOURNEY OF A PIONEERING
FEMALE FIGHTER PILOT

**MANDY
HICKSON**

HICKSON

experience from the front line



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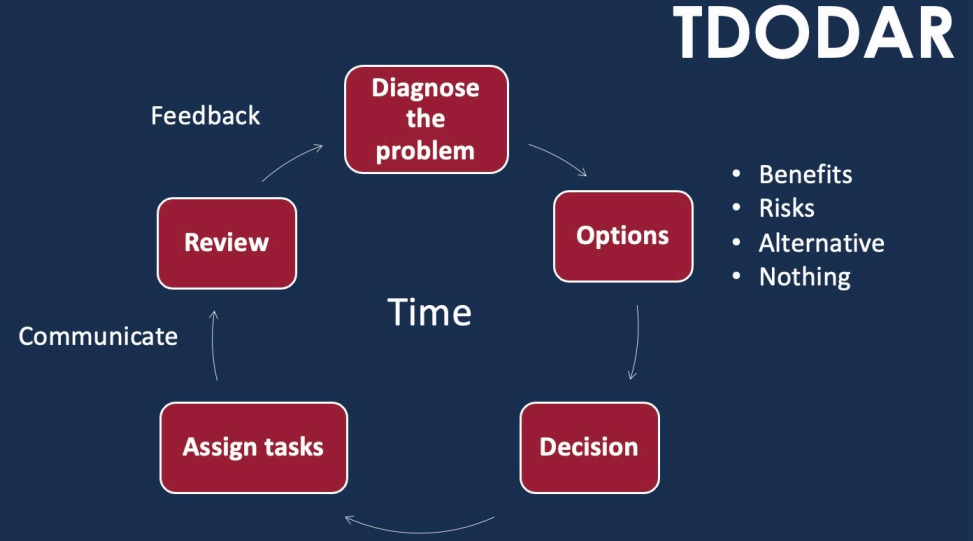
[@MandyHicksonSpeaker](https://www.instagram.com/MandyHicksonSpeaker)



TRUST = $\frac{\text{C R I}}{\text{S}}$

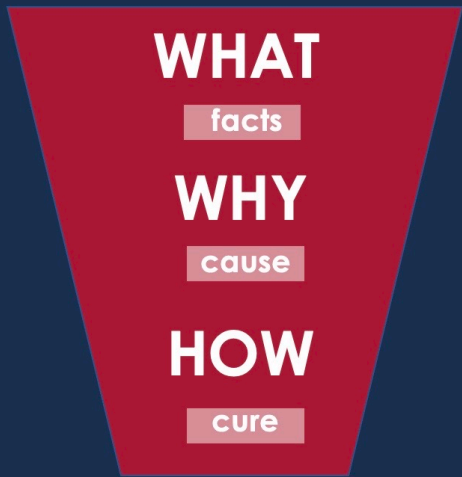
C R I
CREDIBILITY + RELIABILITY + INTIMACY

S
SELFLESSNESS



Notice
Understand
Think
Ahead

Debrief Funnel



Control the
controllables,
and if you
can't...

LET IT GO