



Mental Health:

**Embedding a new
'Situational Awareness'
into the global aviation
culture.**

APATS Singapore

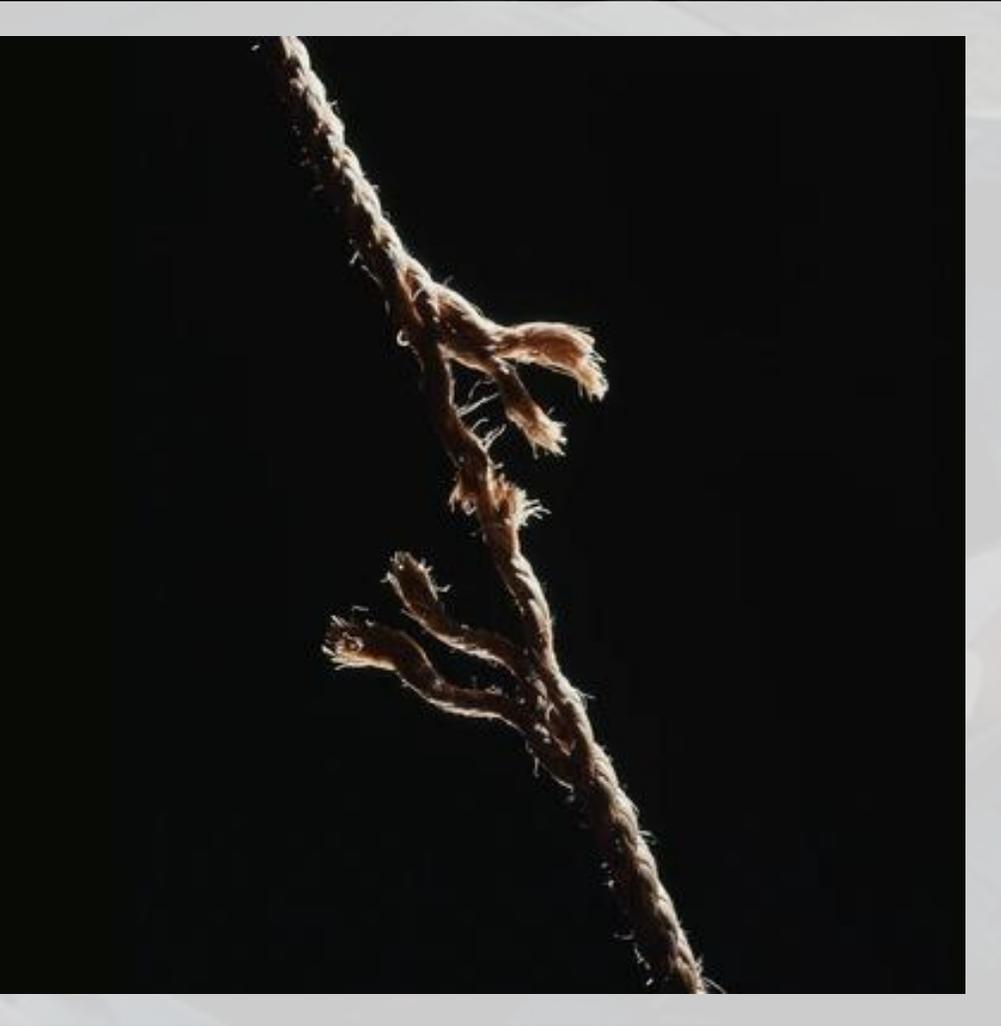
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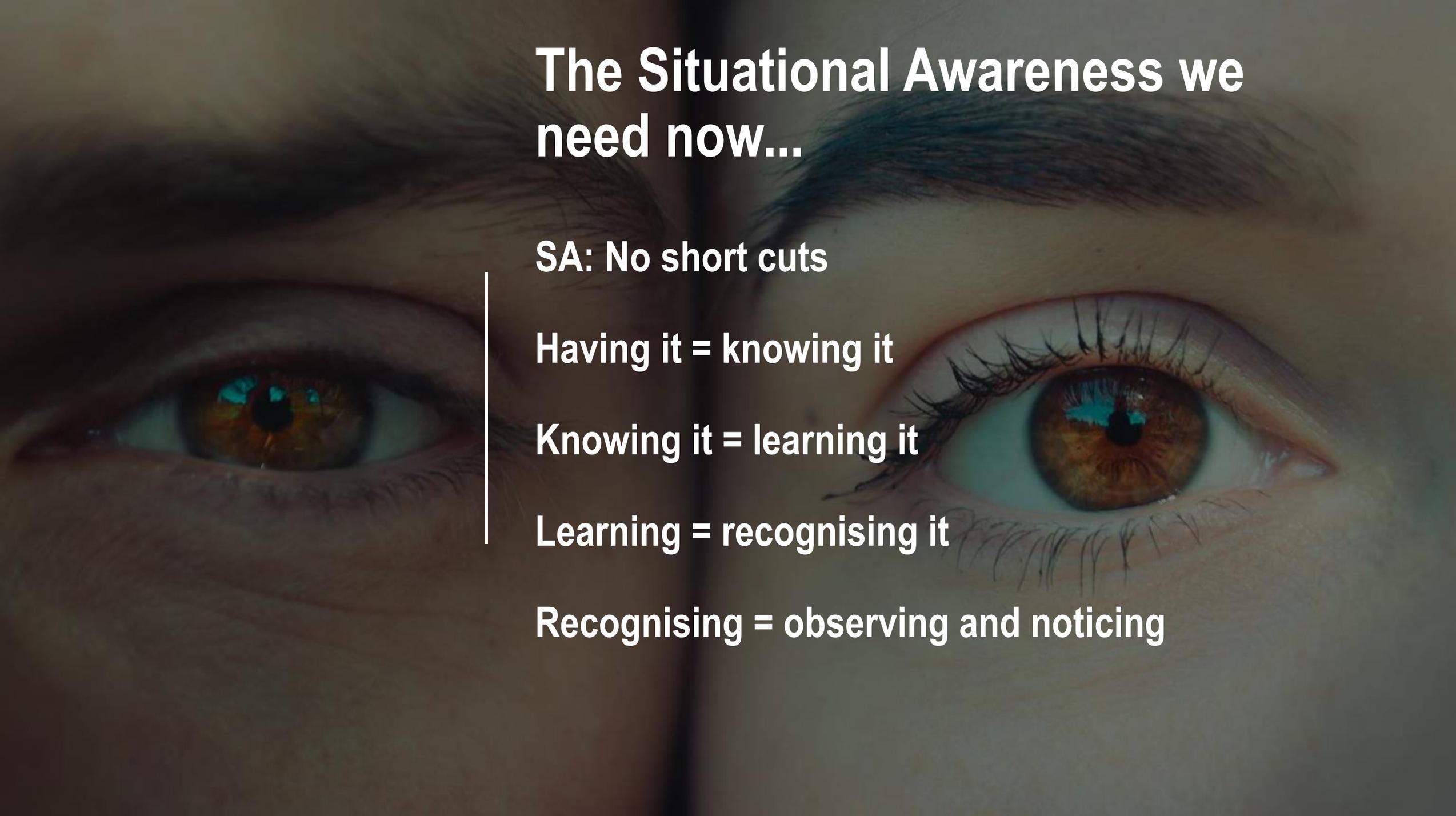
Current state

...the increasing need

...the accelerating issue

...the missing masses

...the turning point

A close-up, symmetrical image of a person's eyes, split vertically down the middle. The eyes are brown with a slight reflection of light. The background is dark and moody.

The Situational Awareness we need now...

SA: No short cuts

Having it = knowing it

Knowing it = learning it

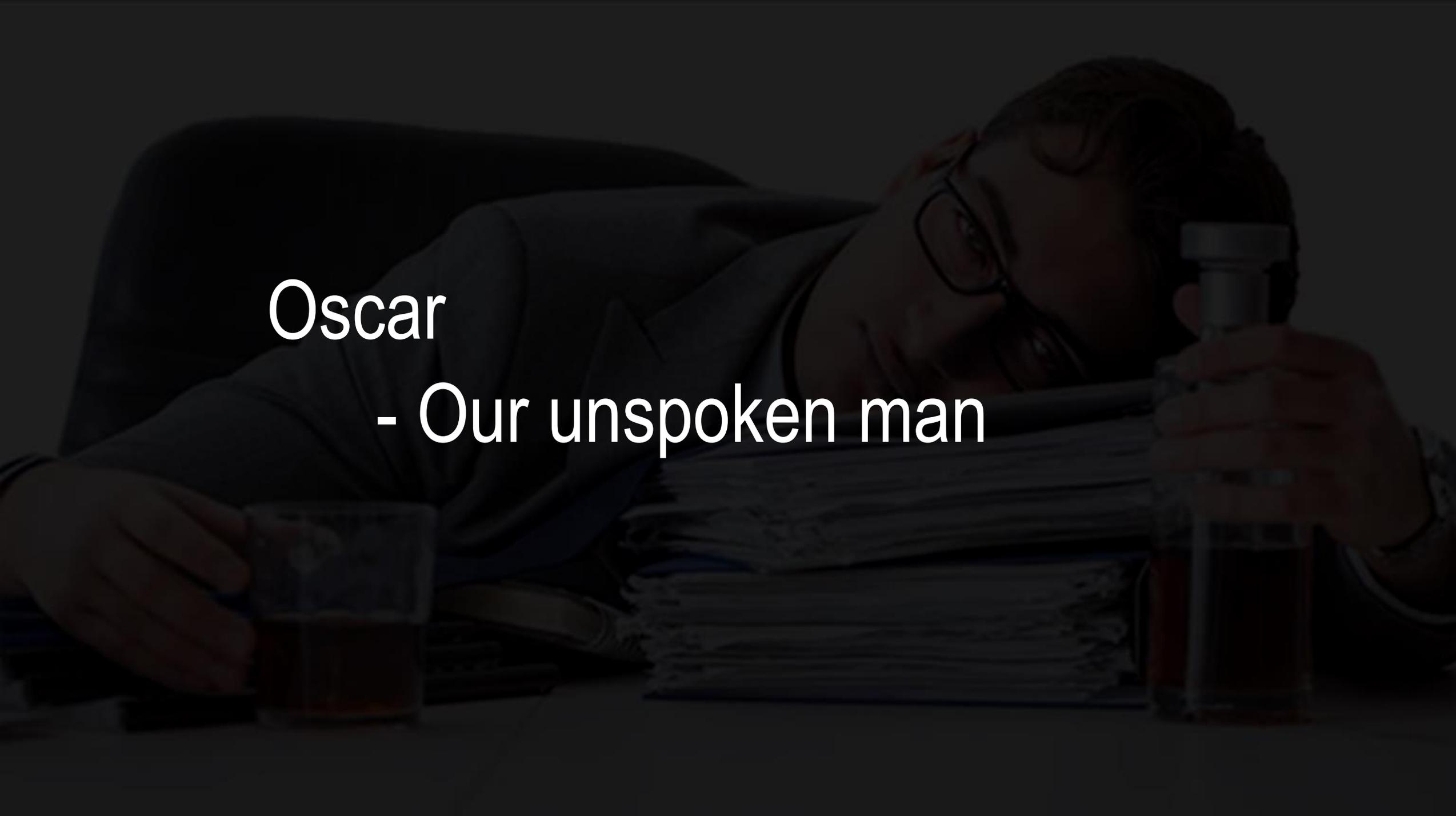
Learning = recognising it

Recognising = observing and noticing

Some Common Stressors



- Feeling of being disrespected by management – by pilots sometimes
- Fatigue
 - Working ever harder – shift work
 - Perceived / actual – qualitative / quantitative
- Professional standards
 - Training and assessments
 - Career performance;
- Time pressure – daily.
- Relationships
 - Personal; colleagues
- Mental health issues specific
 - Depression; anxiety
- Grief and loss
- Illness

A man in a dark suit and glasses is sitting at a desk. He is looking down at a large stack of papers in front of him. He is holding a glass of beer in his right hand. The scene is dimly lit, with the man's face and the papers being the main focus.

Oscar

- Our unspoken man

How?



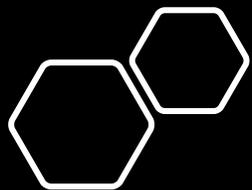
‘If we’re to deal with mental health daily, then we have to deal with issues that degrade mental health every day.’





‘The culture always starts at the top’

...not always



What works?...from the
ground up



Situational awareness fundamentals (low hanging fruit)

Demeanour changes

Quieter than usual

Comparison

Behaviour out of character

Disengagement / absence

Suddenly calm (Oscar)

Giving things away

Low morale...a bigger issue

Make a difference today...

Find something they can control, no matter how small

If you want to change someone's behaviour, change yours first

To influence, ask, don't tell

Power / authority vs influence



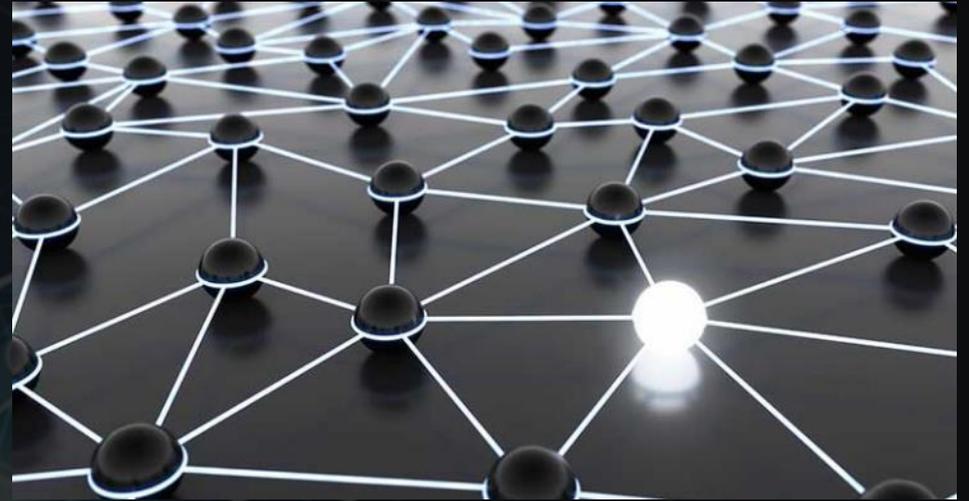
Two challenges for you:

1. Think about the list of stressors.

If you relate to any, don't let it remain.
Seek assistance

2. Choose one of the list of recommendations.

Implement it this week.



The offer:

- To work with you to establish seminars, workshops, clinics



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