

WELLBEING

HELPING PEOPLE PERFORM TO THEIR
BEST TO INSPIRE THE RECOVERY



THE ROUTE TO RECOVERY

WELCOMING OUR PASSENGERS

OPERATING SAFELY AND EFFECTIVELY

ENHANCING ENVIRONMENTAL
SUSTAINABILITY

CARING FOR OUR PEOPLE

☰ What do you think Wellbeing is?



Provision of yogurt and yoga

Mental health first aid

Stop complaining and get on with it

EASA and Wellbeing?



Impact on Safe Operations

With stakeholders, we reviewed the safety issues arising from the pandemic and Wellbeing was a key challenge

Because it's the right thing

We are aviators too and the industry's pain is our pain - as European Regulator we are ideally placed to coordinate efforts

Please pay attention to the wellbeing demonstration

I will now take you through the safety procedures that will help us all get through this crisis at a personal level

It is important that we can all perform to our best if we can going to be able to drive the industry recovery when it comes



**Please fasten
your seatbelt**





SAME
JOB IN
AVIATION



ANOTHER
ROLE IN
AVIATION

?

WORKING
OUTSIDE
AVIATION

LEADING AND
MANAGING
THROUGH
THE CRISIS





SAME
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ANOTHER
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YOU

WORKING
OUTSIDE
AVIATION



LEADING AND
MANAGING
THROUGH
THE CRISIS



**together
4safety**

**conversation
aviation**

Visit the **Air Ops
Community**

What is EASA doing?

RAISING AWARENESS

COVID has brought into focus the need for Wellbeing to be just another part what we do in aviation - like operating safely.

Let's talk about Wellbeing!

PROVIDING RESOURCES

We are partnering with as many people and organisations as we can to build a Wellbeing Resource Hub so people can find what they need.

Visit our Wellbeing Resource Hub!



What we can do as an industry ?

In the same way we provide emergency devices on aircraft, we need to provide a range of emergency devices to help our wellbeing as an industry

This is the role of a Wellbeing Culture

Beware of Burnout

Lead with Compassion

Make use of the Wellbeing Conservatory

Help People Through the Crisis (So They Come Back)



What can you do yourself ?

LOOK AFTER YOURSELF

It's why safety briefings tell you to fix your own mask first - you can help others best when you are feeling good.

Visit the Wellbeing Resource Hub - use and share the tools and information

GIVE HELP TO OTHERS

Start discussions and conversations with colleagues so that we can all support each other through these tough times and beyond.

Look out for others - make contact with friends and colleagues to see how they are coping and feeling.

"BE EXCELLENT TO EACH OTHER"

BILL AND TED

