

An aerial photograph of a sandy beach with gentle waves lapping at the shore. A person is lying on a towel on the sand in the lower right corner. The title 'FEAR OF FLYING COURSE' is centered over an orange circular graphic.

FEAR OF FLYING COURSE

easyJet Fearless Flyer e-brochure

Conquer your fear of flying



Did you know that you're not alone – it is estimated that 1 in 6 people have a fear of flying. So, whether you do fly but find it difficult to relax, you're unable to even get on flight and therefore missing out on more exotic holidays, visiting loved ones overseas or unable to attend an international business meeting, our Fearless Flyer course is perfect for you. The Fearless Flyer course is hosted by Lawrence Leyton from Channel 4's TV Show "Fear of Flying" who is joined by a senior easyJet Pilot. The course is divided into two days. The first day is a 3-hour ground course which is either a Friday evening or Saturday afternoon followed by a one-hour experience flight the following day.

Course Locations

We run Fearless Flyer courses nationwide in:

Gatwick

Luton

Stansted

Edinburgh

Newcastle

Manchester

Bristol

Belfast

Liverpool

Glasgow

CLICK HERE TO BOOK A COURSE NOW

Change your life in just 4 hours!

DAY 1 - DURATION 3 HOURS



TECHNICAL

A highly experienced senior easyJet captain will go through all the misconceptions that you may have about flying including:

- Understanding take-off & landing
- What's important In-flight
- Dealing with misconceptions
- Special focus on turbulence
- What are all those funny noises?
- Aviation security & safety
- Other technical aspects of aviation
- Answer any questions that you may have



TECHNIQUES

Lawrence Leyton will teach you a series of coping techniques and strategies including:

- Proven techniques to be able to delete negative looping mind patterns
- How to interrupt fear
- How to stop a panic attack
- Strategies for claustrophobia, fear of heights, fear of being out of control, or any other phobia that causes your fear of flying
- The tapping technique - Thought Field Therapy
- The breathing technique
- How to replace those negative thoughts with positive thoughts

DAY 2 - EXPERIENCE FLIGHT UP TO 1 HOUR



EXPERIENCE FLIGHT

On Day 2 you will go on what we call an "Experience Flight".

- Personal one2one meet & greet at the airport
- The aircraft is a fully crewed easyJet airbus 319 or 320
- The entire Fearless Flyer team are with you on the flight
- It will be a dedicated flight for the course participants
- Captain's commentary reassuring you throughout the flight
- Group relaxation session before take-off



We have specifically scheduled the experience flight to be on a different day as this allows you to completely focus on the course itself (without the worry of thinking about a flight immediately afterwards) and gives you the ability to practice the techniques you will learn on the first day in your own time, before your flight.

The flight itself is a normal commercial flight with its routing around the local area and landing back at the same airport. Companion seats for the flight only can be purchased at the time of booking if you would prefer to have a friend or family member fly with you on the experience flight.

[CLICK HERE TO BOOK A COURSE NOW](#)

The course has over a 95% success rate

...and here are just a few of the thousands of emails that we receive

Bobby Cole Norris Stansted

I feel so E-mosh! I can honestly say that this course has changed my life. Waking up the morning after the ground session I felt completely different; I didn't feel sick or anxious and was looking forward to the flight - something which I haven't ever done. After 14 years of being scared of flying I now realise I was only scared of the air con noises! I only wish I had come on this sooner. All ready for Marbs. Thank you.

[Read more at the Daily Mail website](#)

**Laura Davis** Stansted

The course was absolutely amazing, Lawrence was empowering & motivating taking into account all aspects of peoples' fears. Techniques shown to help were incredible and worked on the flight. If anyone has a fear they would be mad not to attend a Fearless Flyer course it could change their life

**Grant Cunningham** Gatwick

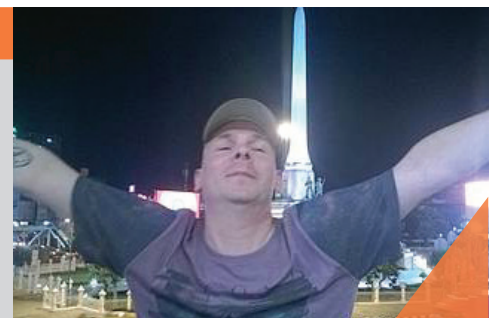
I have always been fine with flying and even been skydiving in the past, so I was so surprised when suddenly I found myself with a fear of flying. Over the years it has developed but I have never stopped flying, I just never like it. But now, after the easyjet Fearless Flyer course, I feel that I have the knowledge and the tools to get on an airplane and feel comfortable throughout the flight. I now can't wait for my flight to Australia.

**Paul Blackshaw** Manchester

I initially entered the course thinking I was alone with my "individual" fear of claustrophobia but when asked roughly 60% of the people attending also put their hand up. I have attended Cognitive Behavioural Therapy & Hypnotherapy courses but neither gave me the confidence, or effective tools & techniques to get through a flight like the Fearless Flyer course does. I would recommend this to anyone with any type of phobia. Many people got off the plane talking about booking a holiday abroad.

**Alyn Williams** Edinburgh

It's now almost 18 months since I took the Fearless Flyer course. Have just had my 27th flight since then (Edinburgh to London City) however I wanted to share a photograph of me on my summer holiday this year. In the background is the Victory Monument in Bangkok which I feel is apt. So if I can get there after beating a long time fear of flying then I feel it shows how worthwhile the easyJet Fearless Flyer course is.



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FAQs

Will the course really help me?

Yes, absolutely. People with a fear of flying will have a variety of concerns that will trigger their fear. That's why we've designed such a comprehensive course featuring an entire section on understanding flight as well as showing you different techniques to help you control your fear. Many people often immediately overcome their fear simply once they have fully understood the facts about flying. That's why easyJet's experienced Captain will take you through every aspect of flight and be on hand to answer your questions throughout the course. And for those who need a little more help, learning our proven techniques will allow them to enjoy a future of comfortable and fearless flying.

Turbulence really triggers my fear – can your course really help me overcome this?

Yes. You are not alone with this fear trigger. It is one of the most common. We will therefore explain to you exactly what turbulence is and why it is nothing other than completely normal for a plane to experience some movement while in flight. No different really to a car. Some roads are smooth – others are bumpy. So at the time of the turbulence, the plane is simply on the equivalent of a bumpy road. Our easyJet Captain will explain this in more detail during the course and answer any questions you may have to help you understand this perfectly safe part of the flight.

My fear of flying is actually the fear of not being in control – will your course help with this?

What you might not realise is that the fear of flying can manifest itself in many different ways. For some it is the fear of not being in control or perhaps the fear of heights whereas for others it is the fear of enclosed spaces or the fear of having a panic attack whilst on a flight. No matter what your specific fear is, we will teach you a tried and tested process to remove the fear once and for all. You will also be able to use these powerful mind tools in many other aspects of your life.

Can I bring someone along to support me?

Yes, of course you can but if they attend the entire course with you they will have to pay for an additional ticket as we have a limited capacity. However, if they only join you for the Experience Flight they will only need to pay for a companion Flight Only ticket rather than the full price of the course. This companion ticket is always subject to availability and can be purchased at the time that you buy your own tickets for the course. So if you know you want a companion to join you on the Experience Flight, then please ensure you purchase the companion ticket at the time of your booking. Please note you will only be able to bring one companion with you on the Experience Flight.

Is the course suitable for children?

Whilst the course has been tailored to an adult audience we do not believe there is any content that would be inappropriate for children although we would suggest that the style of presentation would probably suit children aged 12 and above. However, we would leave it for parents to make their own judgement on this and would recommend they watch our short video on our home page as part of that process as this will give a good insight into the style of the course.

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Are you finding it hard to book? If so we can help!

We totally understand that it can be very hard for some people to book the course, because they are just so worried about having to take the flight on Day 2. What we always say to people is just focus on learning the techniques and coping strategies as understanding how an aircraft flies, because you will then feel completely differently after the ground course. But if you are struggling to book then, why not have a chat with one of the course founders, Mark Wein. Mark was an ex-phobic himself, so he totally understands how you feel. Just call the number below to speak with him:

Call: 0203 813 1644

Email: info@fearless-flyer.com

Website: fearlessflyer.easyjet.com

Useful Videos

For further information please click on the links below

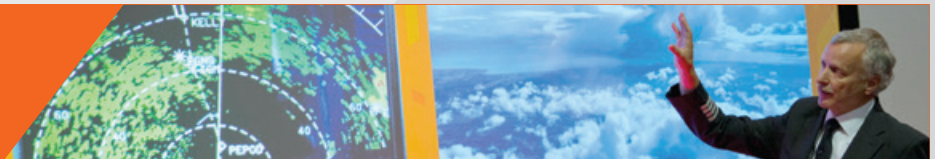


Lisa's
Video
Diary



Why
our
Course?

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