

# **Empowering Performance Preventing Error**

**Make the right calls under pressure**

**It is not how good you are - it is how good you can be**

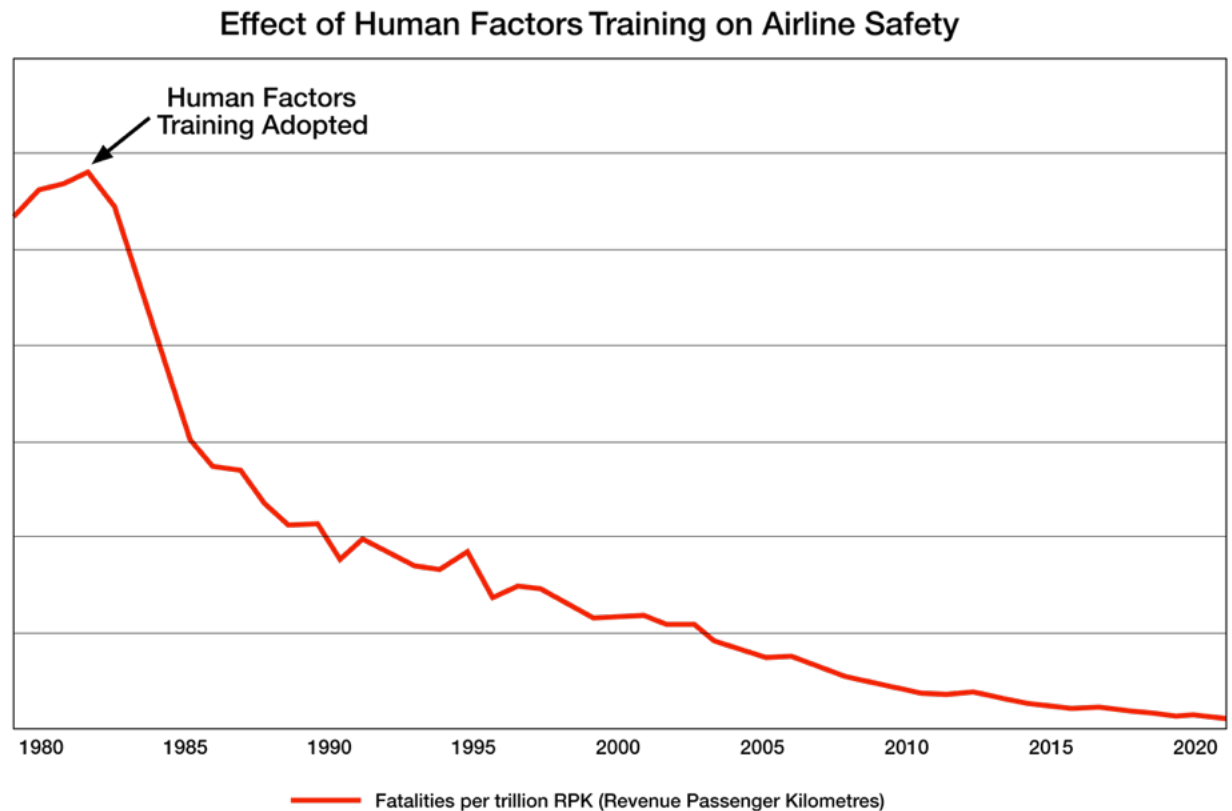


Welcome to Ad Astra, a global training company, specialising in leadership, performance, and decision-making in high-stakes environments. We offer tried and tested experiential courses that are designed to work in our real world, not an imaginary one where we are always perfect.

**Human Factors training made aviation 58 times safer - imagine what it could do for your organisation. Identify hidden risks before they become threats and achieve remarkable results. Are you ready to experience the difference?**

*Delivered by highly experienced Airline Training Captains, our engaging and insightful approach makes us the most in-demand course wherever we go - empowering your colleagues both professionally and personally.*

**Developed by NASA and the world's leading airlines, our courses are designed for high-stress environments, offering powerful insights into human error - and, more importantly, how to prevent it. We equip organisations with practical tools that foster a high-performance culture, building strong, confident teams.**



**We are the unfair advantage you are looking for in your market**

# Key Course Elements to Overcome Any Challenge

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- **Leadership** – Inspire and empower beyond ‘Command & Control.’
- **Communication** – Build an inclusive, collaborative, and productive environment.
- **Risk & Change Management** – Foster continuous learning to navigate uncertainty.
- **Critical Thinking** – Anticipate challenges and develop innovative solutions.
- **Decision-Making** – Ensure reliable outcomes through structured problem-solving.
- **Conflict Resolution** – Handle tough conversations with confidence and turn conflict into opportunity.
- **Teamwork** – Develop motivated individuals and cohesive, high-performing teams.

***We help you turn your strengths into reliable, universal skills that counteract natural human fallibilities - equipping you with personalised tools to tackle any challenge. This proven approach made aviation 58 times safer.***

*Mistakes are inevitable, but they no longer lead to disaster. Instead, they are anticipated, mitigated, or avoided entirely.*

***By identifying recurring challenges and sharing knowledge, you can proactively prevent errors, ensuring you're prepared even in high-pressure, unexpected situations.***

*Preventing problems before they arise saves valuable time and resources.*

***Our training is tailored to your organisation's unique needs. Think of us as the 'canaries in the mineshaft' - we've faced the challenges first. With NASA's help, aviation overcame high error rates that once threatened its survival.***

*We share real-world examples - some spectacular, some amusing - to bring Human Factors to life. Your team will turn these insights into practical tools for their own challenges.*

***All human errors stem from just nine core competencies we all share. By using our experiences as case studies, we create a safe space for your team to explore challenges, identify errors, and develop lasting solutions - fostering a culture of continuous learning.***

## WHAT ARE THE RESULTS?

- **Clear Communication** – Prevent misunderstandings and enhance collaboration.
- **Proactive Planning** – Anticipate and avoid potential challenges.
- **Human Limits Awareness** – Recognise overload and act before it impacts performance.
- **Fail-Safe Strategies** – Implement quick solutions to stop issues from escalating.
- **Smart Decision-Making** – Use structured approaches for reliable outcomes.
- **Inspiring Leadership** – Empower others to excel.
- **Just Culture** – Foster a safe space for learning and growth.
- **High-Performing Teams** – Build motivated, cohesive teams.
- **Efficiency Boost** – Save time by preventing recurring issues.
- **Incremental Gains, Big Results** – Small improvements that drive lasting change.

## OUR CORE SERVICES

### Human Factors & Performance training

We help participants recognise how the 'lizard brain' triggers instinctive reactions and train them to engage the rational mind for better decision-making.

### 'Just Culture' Implementation

Fosters a trust-based culture where mistakes and near-misses can be reported without fear, driving continuous learning and improvement.

### Confidential Reporting Systems

Gather critical data to uncover hidden risks and implement proactive strategies that prevent future problems.

### Consulting & Support

We design and create tailored frameworks that improve safety, teamwork, communication, and overall performance.

### Organisational Resilience

We supercharge organisational resilience by enhancing awareness, adaptability, and proactive problem-solving through tailored Human Factors interventions and data driven insights.

## WHAT OUR CLIENTS SAY

*"Fantastic to get our senior leaders together for such a pivotal day, building the team & really challenging thinking & action.... Fabulous."*

**Head of Trust**

*"The training we received from AdAstra was simply outstanding. Being given the chance to discuss human competencies with colleagues brought about so many solutions to long standing issues that we had not had the skill set to combat."*

**Head of Department**

*"This is a fantastic, engaging course which introduces a different way of thinking to challenge whether your daily work can be done more effectively. Everyone can learn from it, regardless of level or ability".*

**Chief Underwriting Officer**

*"It was so worthwhile attending – one of the best courses I have attended in a long time. I would highly recommend. A good mix of illustrative videos, group activities and anecdotes that keep you fully engaged for the duration".*

**Finance Division Controller**

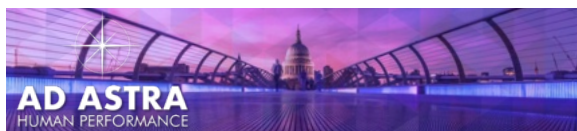
*"What an amazing day spent with Ad Astra Human Performance and the Senior Team. It was so refreshing to see learning from other industries to focus on core Human Competencies to improve leadership and performance. Human Competencies rather than leadership standards is such a forward way of thinking."*

**Chief Underwriting Officer**

*"Senior Leaders have been blown away with their training so far. A refreshing & dynamic approach indeed."*

**Head of Trust**

## WE ARE PROUD TO BE WORKING WITH



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