FAASTeam presents:

The Schiff Show - Why Slow Is Safe

I tell pilots they have two speeds to choose from: slow and methodical, or "Screw-up" speed, where rushing leads to mistakes. This month, licensed psychotherapist and instrument-rated commercial pilot Jolie Lucas joins me to explain why that idea holds up in clinical practice.

Jolie has practiced psychotherapy for more than 30 years and owns a Mooney (airplane and dog). She co-founded Right Seat Ready! and presents On Second Thought, a human factors safety series also sponsored by AVEMCO. She'll explain what happens in the brain when we feel time pressure, schedule pressure, get-there-itis, or social pressure. She'll also cover why hurrying reduces what we notice and how well we judge, and how choosing to slow down on purpose puts us back in control.

You'll leave with practical ways to catch yourself speeding up, reset, and return to flying at the only speed that keeps you safe.

Event Details

Thu, Nov 12, 2026 at 19:00 CST

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Foreign, FN

FAAST Federal Aviation Administration SAFETY TEAM

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Registration is not required. After viewing the program, WINGS Credit is earned immediately upon successful completion of a short quiz. The link to that quiz is on the page noted below.

Go to this link to view this event live at the scheduled time, or to learn more about this program - **https://www.theschiffshow.tv/23**

All programs are archived for viewing after the live event using the same link above.

A message from the National FAASTeam Manager

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