

ASCEND 2026 - We Teach Them to Fly - Do We Teach Them to Perform?

Pilots in training are often left to figure out the mental side of performance on their own. This session explores where mental performance training fits within the broader spectrum of pilot well-being and why it plays a critical role in safety, learning, and long-term success. Participants will learn why capable pilots can still struggle under pressure and how mental performance training helps manage mistakes, setbacks, and high-workload situations. They will discover practical strategies to improve learning, decision-making, and performance consistency, and how developing mental skills can make flying both safer and more enjoyable.

Follow the signs to the ASCEND Flight Training Summit meeting rooms

A message from the National FAASTeam Manager

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Event Details

Wed, Sep 9, 2026 at 10:15 CDT

Crowne Plaza Dallas Market Center

7050 N Stemmons Freeway
Dallas, TX



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