

Oriental Coach

www.setare-orientalis.com

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Promo Edition

Aviation & Asia Pacific

Programs & Outlines



Space navigation is not a matter of one person or a certain group of people. It is a historical process that conforms to the laws in the development of mankind...

MEDITATIONS

Just like the children, we adults are kindly warmed by the clear sky, we are enchanted by the variety of amazing cloudy patterns, we will remember for a lifetime a romantic moon that emerges in a few minutes in the window of our flight in a happier tomorrow. Still for some, even the job is like this: to provide a positive quality service and work on air transportation: pilots, flight attendants, ground control services, airport staff and airlines, technical staff and many others.

Probably, aviation is one of the few life-risky and courageous for personal traits areas that require continuous work on the protocol, with the necessary medical and psychological indicators of resistance to stress and even overload. And gradually but surely the body does get used to such uninterrupted functionality. But what does imperceptibly for us begin to worry about life fatigue with signals of arrangement of life priorities, perhaps remorse for some annoying cases, or just a desire to feel like a child of universal harmony and master of all areas of our young life? That we want development not only within a reputable organization or airline or ground control service, but at the same time work and schedule take so much time and effort that sometimes it feels like our lives do not belong to us. Where is the balance between heaven's calling and personal life, and why do they so often conflict with each other?



Back from the immemorial time in the East, numerous practices of calming the heart have been cultivated, which is sometimes so disturbing because of the seemingly endless way of life. Nature invites us every day to touch it, to hear the birds singing, to be alone or together beside a pure mountain spring, or to immerse ourselves in the fragrant beauty of a lushly flowering coniferous or mixed forest. And in the middle, from the depths of the heart, something seems to suggest in a mother's voice: let good be with you, let heavenly joy burn with all its essence and essence of complicity in the needs of living creatures, even up in the sky! Understand, you are not just on this path, you are so shaped and your genetics, every membrane of your cell, all the fibers of your soul will remember it in more than one generation of your descendants. *So let's try to understand how to be further and where to go, and where to take inexhaustible powers expanding the horizons of a confident and calm worldview on the heavenly path, or simply: the path to heaven or earth. This coaching program is dedicated to them - the runners in the blue sky...*

The Word of Nourishment

QUOTATIONS EX ORIENTE

The universe is endless life and rich power, but it is also a strict order and perfect harmony.

The sky is high and the earth is different, and I feel that the universe is infinite.

Give up narrow vision, walk out of the lonely self-appreciation circle, learn to appreciate others and you will feel that life is colorful.

We choose the moon. . . I therefore decided not because it is simple, but because it is difficult - we have to challenge the difficulties.





Behind the Make-Up of the Flight Attendants...

HOT PROFESSION FOR YOUNG PEOPLE

When mentioning the phrase "flight attendant", people immediately think of the elegant grace of girls serving passengers on flights... Their mission is to serve passengers on flights, flying, guiding and monitoring the safety of passengers during the flight; At the same time, they are also waiters, specializing in providing food and beverage services to passengers, supporting passengers who need special care such as children, pregnant women, disabled people, the elderly. With such a simple service job, the standards for recruiting academics are not high, just graduating from high school, having a good level of English and good health, young people can become successful students.

In the current career landscape, it is difficult to find a profession that does not require a high level of education but has a high income. That's not to mention many other incentives that this profession brings as it gives young people the opportunity to explore the world around them, travel to many different regions and territories around the world and be able to communicate with many social classes, so that they can improve their living capital, expand their communication and relationship with the community and from there they will have more opportunities to rise up.

And here are the hot realities that stewardesses are experiencing today with the hope to talk about the fact that the tired soul is silent in the constant struggle with the shadow of doubt and human hesitation in her direction.

"Every day we fly during COVID 19, it's a day of fear. Stay up late, wake up early, eat all instant noodles in a hurry. Does anyone know that behind that makeup is a lot of acne because of not sleeping enough, and there is no time, where is the time to exercise to improve resistance? Every day when going to work, swallow 1 panadol tablet first to be sure, Saigon 37 degrees, flies to Hanoi 15 degrees, one day it goes 4 days like that, no new diseases, if someone has a high fever or because of the flu, he gets "caught" then the whole group suffers. But who will take my place if I take sick leave? Will my other colleague be sacrificed for my cowardice? My brothers and sisters, they also have families, they also have many difficulties in life... You guys wearing masks for 1 day and 2 hours, and who knows if one day our flight attendants have to wear a mask for 14 hours until I take it off at night. We are risking every day and struggling with death to bring passengers back to their homeland or to escape the epidemic, so this is a weak plea on our part: Please stop moral insults and sympathize with us, because we also tried our best!!!"

Have I found what I've always meant to seek or it is merely a stage I still have to go through to reach the land and my happiness in my home?

A poem by Mr. Ngoc Tuan, written to his daughter who is a flight attendant of Vietnam Airlines.

Right on the gentle motherland, after the night on the flight

I know it's dangerous, but how can I do it what is differently and right?

The profession you chose is not a picture of peace.

Here the guest has come home, and I'm worried.

The isolation area, I am so confused..

Who knows, that I'm at home with small children..

Or elderly parents who are tolerant early this night

Don't brag when saying that the job is top of the line

The wind is evasive, the wind is fierce

To schedule is to go because flying is your reason to live..

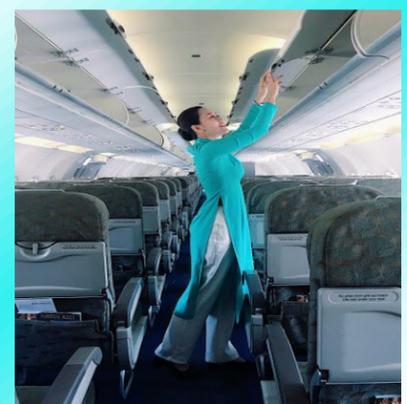
Just go anywhere when work is in need

Like everyone else, I've just asked for the translation,

Wishing peace for angel wings

And tomorrow, the sky will shine emerald green

It is me flying back to the spring of sunshine.



Reflect the light - attract the sunshine!



The moment Of calmness

As it is sometimes difficult to remain in a state of absolute calmness, sometimes even pretending that nothing has happened for the welfare of others, but the joy and positivity that we still try to focus on still work in our lives.

Yes, by following the path of good for other people, we impose peace on our environment as well. So let's rejoice with others under any circumstances!



Learning from the Western Legends Between the Oceans

“The most difficult thing is the decision to act. The rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life and the procedure. The process is its own reward.”

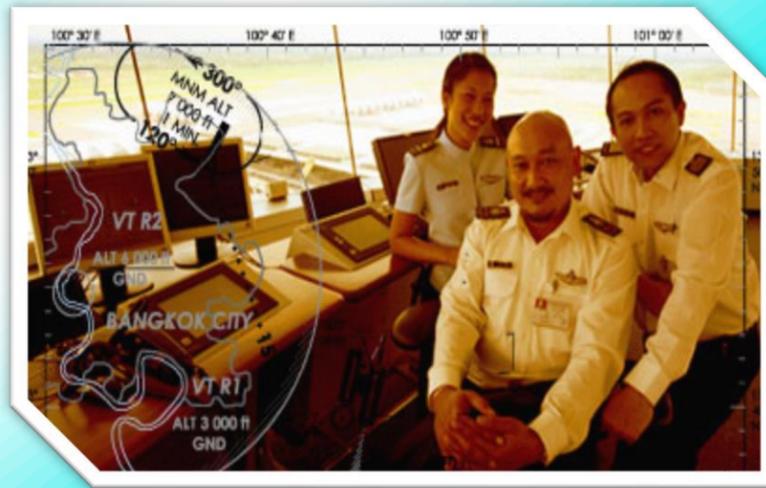
“In my life, I had come to realize that, when things were going very well, indeed, it was just the time to anticipate trouble. And, conversely, I learned from pleasant experience that at the most despairing crisis, when all looked sour beyond words, some delightful “break” was apt to lurk just around the corner.”

Amelia Earhart

Amelia Earhart is an American female pilot who has set countless aviation records. She has made progress for women in aviation. She was also the first woman to fly solo across the Atlantic Ocean. It was also the first person to fly solo from Hawaii to the United States. But while she was flying around the world she disappeared in the Pacific Ocean in July 1937. Her plane was never found, and her official figure It turned out to be one of history's most secret disappearances. Let's get to know her better! Amelia Mary Earhart was born in Atchison, Kansas on July 24, 1897. She defied traditional gender roles at a young age. Earhart played basketball. Take a car repair course and attend college in no time. During the First World War She served as a nurse aide for the Red Cross in Toronto, Canada. It was then that Earhart became interested in becoming a pilot. After the war ended She has returned to the United States, and was enrolled at Columbia University at New York As a pre-med student. Earhart took her first plane to California in December 1920 with the famous World War I pilot Frank Hawks, and she was forever fascinated by it. In January 1921, she began taking flight lessons with flight instructor Neta Snook, and to pay for that lesson, Earhart worked as a general clerk at a telephone company in Los Angeles. Earhart passed flight tests in December 1921 and was licensed by the National Aeronautics Association. Two days later, she participated in her first aviation exhibition at the Sierra Airdrome in Pasadena, California. In 1922, she became the first woman pilot to fly solo above 14000 feet. In 1932 she became the first woman pilot to fly solo across the Atlantic Ocean.

by traveling from Newfoundland, Canada on May 20 and landed in a cattle field near Londonderry, Northern Ireland a day later. She received a medal Distinguished Flying Cross, an insignia for extraordinary achievements while participating in air flight. She was the first woman to receive this honor. In 1935 Earhart made his first solo flight from Hawaii to the United States. In 1937, on June 1st, she traveled from Oakland, California to begin a round-the-world flight program. It was her second attempt to become the first pilot to successfully fly around the world. She flew a Lockheed 10E Electra with another female pilot, Fred Noonan, who flew to Miami, to South America, across the Atlantic to Africa before heading east to India and Southeast Asia. The couple arrived in Lae, New Guinea on June 29, and with just 7000 miles left, they'll be flying to their starting point in Oakland, California. Both were scheduled to stop for gas at Howland Island, but July 2nd was the last day they were seen alive. The couple lost contact with the radio, and disappeared along the way. President Franklin D. Roosevelt has been searching for the two female pilots for more than two weeks, but due to no news. They both were declared as lost at in the sea. There are many theories about their disappearance these days. But even so, it's a mystery in history that has yet to be definitively uncovered.





Work of Air Traffic Controllers

ATC is the most stressful career in the world.

SOUTHEAST ASIAN INSIGHT

Duty

The Air Traffic Controller is responsible for determining the direction, speed and ceiling of the aircraft, which pilots must follow since taking off from the airport of departure or starting to enter the area of responsibility (entering the country) until landing at the destination airport or out of the area of responsibility (Out of the country) safely.

There is no "stop" for ATC

An aircraft in the air is constantly moving. Can't brake floating in the air. And in just one minute, ATC didn't control a single plane. Let's take an example to illustrate that. If now, 20 planes want to land at Don Mueang Airport. ATC has to manage those planes in a first-come, first-served order. For work on the tower, there is less responsibility. As the average landing plane has only about 3 minutes in the tower area, every decision must be made quickly and safely.

For Ground Control, even controlling aircraft on the ground is not so easy. Because the pilot will have more time on the ground than the rest. Whether requesting information, negotiation, and complaints will occur on the ground as much as possible. To be impressed, the controller must have high communication skills, and make decisions quickly and carefully. The difficulty between Aerodrome or Approach is considered equal, differing in the steps or procedures of each position, which depends on the situation at that time. Working hours must be coordinated. And trying to make the working atmosphere happy is a matter under the importance of Safety. Expeditions, flows and average delays should satisfy all service users according to aviation standards, whether it is an aircraft that flies in IFR or VFR, and whether it is Thai or foreigners.



Maybe our dream did not take into account all the burdens and stresses of life, but our work is worth it to spend sweetly and in a circle of warm hearts even 5 minutes of our full recovery to go on.

Taking care of dozens of incoming planes There will definitely be stress. The way to deal with stress one must know how to release, do not let it pile up, so the company should provide many benefits to help you relax, such as managing the working hours. switch of duties When it's time to rest, a room is arranged in proportions with TV, radio, massage chair, novel, computer for playing games. to relax as you like. Emphasis on working together like "brotherly held" meetings every month to bring problems from work to share both personal problems, company problems, even issues in the country to keep up with the events and eliminate those problems. All not to be in a work system that is already stress-based.

After passing the written test and being interviewed ATC must attend an Intensive Course for a period of 3 months with a grade test. This is considered a trial lesson. It is not considered as to be an employee of ATC who has a contract. Those who cannot study can leave, but will not be eligible to work in any part of the ATC. The Aeronautical Radio Company will be filled as employees in the position "General Administration Officer" and sent to the Institute of Civil Aviation Training for a period of 8 months and then tested again.

To select the flight control center and a control tower that is suitable for each person's abilities at this stage, the company will promote you to "Aviation Information Officer" and if you have to leave for a year of training you must come back to the promotion exam again. There will be staff from the Department of Air Transport to test. If you pass this stage, you will be working as an Aerodrome Controller, after which you will have to pass the promotion test again.

Preparing to be an ATC Officer

You have to ask yourself how much you like this job: is there enough passion for this challenge? Can you work in shifts? (The conduct of the ATC staff is that each shift has 12 hours of work, they will do 2 breaks, that is, work 2 hours and rest 1 hour (airplane controller 1 hour and assistant 1 hour) on duty. The morning shift starts from 08.00-20.00 and rest 24 hours and then switch to Night Shift starting at 8 PM, ending at 2 AM and resting for 48 hours). Can you work as a team? And if you have to work at an airport in a province, will it be okay? These are all things that must be realized, for the first period after completing the theory semester, and you must work as an ATC at a regional airport for the first few months of the year, and most importantly, have the ability to make decisions quickly, on the correct database and be a person who coordinates everything well.

Life Coaching for Pilots

Desired Duration of Coaching: _____

Instructor Information

ECO HAB Instructor	Application Email	Preferred Days, Weekly Hours
Petro Rybalchenko	info@setare-orientalis.com	_____

General Information

Description

The Life Coaching Program for Pilots is designed to help strengthen the balance potential in various areas of life of pilots in overtime and aims to develop personality and acquire the necessary skills in management and life cycle management, based on leading philosophical schools in the East, helping to discover new potential opportunities to maintain homeostasis, promote health and timely neutralize the stressful environment

Practical & Organizational Recommendations

Recommended for passing during rest and long vacations with the lens of focusing on other and parallel to the profile spheres of life. The schedule is free, flexible, optional in any time zone format 24/7/365.

Basic Requirements

Generally the listener should meet the following criteria to be able to start the coaching program with ECO HAB:

- Be an acting, intended or retired pilot Yes: _____ No _____
- Have a hobby or interest not related to aviation Yes: _____ No _____
- Preferably be ready for the discussions in English Yes: _____ No _____

Problem Settlement Coaching Session Application

Problem aspects	Description	Starting Date Plan:
1		
2		
3		
4		
5		

Coaching Outcome Expectations

Listeners' Goal:	Additional information:
_____	_____
_____	_____
_____	_____

Pilot's Info

First Name	_____
Last Name	_____
Cell Phone	_____
Email	_____
Residence City	_____

Date & Signature

Life Coaching for Flight Attendants

Desired Duration of Coaching: _____

Instructor Information

ECOHAB Instructor	Application Email	Preferred Days, Weekly Hours
Petro Rybalchenko	info@setare-orientalis.com	_____

General Information

Description

Life Coaching program for Flight Attendants is designed to support the balance of unloading, personal development and maintaining a healthy and harmonious lifestyle towards longevity and creative transition to a stress-free environment in a natural reproductive environment during non-working hours or in post-crisis remission, with a focus on personal development from the diametrically opposite side to the work. **If desired, the program can be combined with telemedicine support for women's health and reproductive functions of the body together with a doctor of the highest category Elena Mozgovaya – famous Ukrainian Gynecologist, Reproductologist and Endocrinologist - <http://www.setare-orientalis.com/reproductive-medicine-of-ukraine-dr-elena-mozghova/>**

Practical & Organizational Recommendations

It is recommended to go during long vacations or breaks from work in a normal living environment, during the most favorable creative biorhythms of the personal schedule. Having hobbies and interests in personal development will be a big plus to the activation and disclosure of internal developmental and harmonizing potential during the sessions.

Basic Requirements

Generally the listener should meet the following criteria to be able to start the coaching program with ECOHAB:

- Be an acting, intended or life transitioned flight attendant Yes: _____ No _____
- Be able to hold discussion and speak on the problem in English Yes: _____ No _____
- Rich cross-cultural communication background would be a great compliment Yes: _____ No _____

Problem Settlement Coaching Session Application

Problem aspects	Description	Starting Date Plan:
1		
2		
3		
4		
5		

Coaching Outcome Expectations

Listeners' Goal:	Additional information:
_____	_____
_____	_____
_____	_____

Flight Attendant's Info

First Name _____

Last Name _____

Cell Phone _____ **Specialization / Airline** _____

Email _____

Residence City _____

Date & Signature

Life Coaching for Air Traffic Controllers

Desired Duration of Coaching: _____

Instructor Information

ECO HAB Instructor	Application Email	Preferred Days, Weekly Hours
Petro Rybalchenko	info@setare-orientalis.com	_____

General Information

Description

Individually designed unloading program of personal development and Life Coaching for employees of ground dispatching services is focused on passing in overtime against the background of post-labor remission or restoration of key potential outside the multifactorial stress environment. Instilling and cultivating skills of positive and optimistic views on life, development of managerial qualities and acquaintance with the Oriental mentality in views on human life alongside the nature of relations in society among various conflicting factors.

Practical & Organizational Recommendations

The program is recommended for overtime or free from stressful everyday environment. Ideal for resting or restoring internal reserves before continuing your main job. A significant part of the program's objectives is dedicated to communication and maintaining internal emotional stability with hardening of the body and harmonization with the social and natural environment.

Basic Requirements

Generally the listener should meet the following criteria to be able to start the coaching program with ECO HAB:

- To be an employee of on-ground air traffic controlling services. Yes: _____ No _____
- Preferably be of European Cultural background. Yes: _____ No _____
- Have a social experience of working in multicultural functional environment. Yes: _____ No _____

Problem Settlement Coaching Session Application

Problem aspects	Description	Starting Date Plan:
1		
2		
3		
4		
5		

Coaching Outcome Expectations

Listeners' Goal:	Additional information:
_____	_____
_____	_____
_____	_____

Air Traffic Controller's Info

First Name	_____
Last Name	_____
Cell Phone	_____
Email	_____
Residence City	_____
Specialization / Service	_____

Date & Signature	_____
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