



CROSSCHECK
Mental Performance Training

SOLO CONFIDENCE COACHING

You already proved you can fly the airplane.

Now it's time to enjoy flying it—even when you're the only one
on board.

Many pilots earn their solo endorsement or certificate but still don't feel comfortable flying independently. They avoid solo flights, second-guess themselves, or find that flying without an instructor simply isn't enjoyable.

THE CROSSCHECK SOLO CONFIDENCE
COACHING PROGRAM

was created specifically to help pilots bridge that gap.



CROSSCHECK CrosscheckMentalPerformance.com

Technical proficiency got you here. Human performance helps you move forward.

Most pilots assume that if they have the technical skills, confidence should naturally follow. But technical proficiency and feeling comfortable flying independently are not the same thing.

Confidence isn't built by simply logging more hours. It develops when pilots learn to understand and manage the thoughts, emotions, and physiological responses that influence how they perform.

At Crosscheck, we help pilots develop the human behind performance so they can consistently access the skills they already possess.

Is this program right for you?

- ✓ You've soloed but still avoid flying independently.
- ✓ You're comfortable with an instructor but anxious without one.
- ✓ You own an airplane but rarely fly it alone.
- ✓ Landings create anxiety.
- ✓ You know you have the skills - but you don't yet feel comfortable on your own.



What makes this program different?

You'll work with two specialists:



Brian Ellis

Aviation Performance Coach

Brian focuses on preparation, planning, chair flying, aviation decision-making, and reducing uncertainty through practical aviation strategies.



Mahki Matthews

Mental Performance Coach

Mahki helps pilots understand and regulate the physiological response to anxiety using evidence-based mental performance tools.

Together, they combine aviation expertise with human performance coaching to help pilots become comfortable flying independently.

What You'll Receive

- ✓ Six one-on-one coaching sessions
- ✓ Personalized coaching tailored to your experience
- ✓ Practical aviation strategies
- ✓ Mental performance tools
- ✓ Individual action plans

Additional coaching available if desired.

INVESTMENT
\$699

Created by Tammy Barlette



Founder & CEO

Crosscheck Mental Performance

Retired US Air Force fighter pilot

USAF Weapons School graduate

USAF instructor pilot

After more than two decades flying high-performance aircraft, Tammy recognized a challenge that technical training alone doesn't solve.

Many capable pilots know how to fly, but still don't feel comfortable flying independently.

The Solo Confidence Coaching Program was created to bridge that gap by developing the human behind performance, not just the pilot.

Ready to Learn More?

contact@crosscheckmentalperformance.com

CrosscheckMentalPerformance.com

