

Helping audiences overcome workplace dysfunction

Reyné provides a comprehensive program for professionals working in high stress environments that enables them to prioritize their mental health and wellbeing.

Captain Reyné O'Shaughnessy (ret.)

Speaker | Bestselling Author | Coach

Who is Captain Reyné?

Captain Reyné O'Shaughnessy (ret.) is the founder of **Piloting 2 Wellbeing**, an aviation-based wellbeing organization that builds on her 34 years of experience as a commercial airline pilot. Her book *This Is Your Captain Speaking: What You Should Know About Your Pilot's Mental Health* is a #1 best seller.

Reyné helps others in high performance professions and those seeking careers as airline pilots achieve a healthier, more rewarding life using practical, useful techniques tailored for their careers. She has logged over 10,000 hours of jet flight time.

Reyné has over a decade of experience as a health and wellbeing strategist and she has earned a teacher certification from Brown University in Mindfulness Based Stress Reduction (MBSR) in addition to a BS in Leadership (Phi Kappa Phi) and an executive Certificate in Business from UC Berkeley. She is a certified health coach graduate from the accredited Functional Medicine Coaching Academy (FMCA).

Book Captain Reyné

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What are Reynés Colleagues saying?

"Reyné's dedication to wellness and the importance of mental health in the aviation profession, place her at the forefront of efforts to improve outcomes for all she encounters.



If you are searching for ways to improve the wellbeing and mental health of individuals within your workgroup or team, I can wholeheartedly endorse Reyné."

- **Chuck Dyer**

Founder and owner of Protean Conflict Solutions, FedEx Pilot-Retired after 34 Years, former FDX MEC Chairman, Communications Committee Chairman, and Pilot to Pilot Committee Chairman, Professional Standards Committee Vice Chairman, Critical Incident Response Team Volunteer(CIRP)

"Our college had the pleasure of working with Captain O'Shaughnessy as the keynote speaker for our annual Safety Symposium. Capt. O was dynamic, engaging, and vulnerable, which elevated her ability to connect with our community and highlight the importance of mental health in the aviation industry. Our students, faculty, and staff still talk about her visit to our campus and have begun to apply the information they learned at her keynote into their lives.



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- **Alyssa Robinson, M.Ed.**

*Director of Strategic Communications and External Engagement
College of Aeronautics and Engineering Kent State University*



KEYNOTE SPEAKER

A highly sought after speaker, Captain O' holds a BS in Leadership, and an Executive Certificate in Business from UC Berkeley. In addition, she holds a certification in Mindfulness Based Stress Reduction (MBSR) from Brown University.

Reyné O'Shaughnessy is a #1 bestselling author



AVAILABLE ON



<https://www.amazon.com/dp/B09G8DBWQM>



Without question we have come far from the 1950's in understanding the importance of mental health, yet there is so much more to do. If we are going to set up professionals for long term success we must build on the lessons of the past two years.



Reyné O'

These Are Just A Few Of The Places Reyné O'Shaughnessy Has Appeared...



www.Piloting2Wellbeing.com