easyJet will help you fly without fear

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easyJet announces new Fearless Flyer course dates for 2016
If you prefer to keep your feet on the ground then easyJet's courses could help you get up, up and away.

The two-day courses will take place throughout the UK including Belfast, Bristol, Gatwick, Glasgow, Manchester and Newcastle, and are suitable for anyone with a fear of flying — whether they experience general anxiety or an extreme phobia.

Between the end of February and the middle of June 2016 easyJet expects to help around 1,000 nervous flyers to overcome their fears.

During the first day of the course attendees are taught a variety of proven mind techniques from top phobia expert Lawrence Leyton. Attendees will also learn about the sounds and sensations experienced when flying on an aircraft from a senior easyJet Captain who also dispels common flying myths.

The following day attendees are taken on a one hour dedicated easyJet experience flight where they put their new skills to the test whilst listening to a live commentary of the flight from the Fearless Flyer team.

It is one of the best priced aerophobia courses in the UK at just £189 per person. Participants can also invite a companion to join them on the flight if they wish for just £69. Spaces on all of the courses can be booked at www.fearlessflyer.easyjet.com.