

A person with a suitcase is silhouetted against a large window at an airport. Outside, a large commercial airplane is parked on the tarmac, and another smaller airplane is flying in the sky. The scene is set during sunset or sunrise, with a warm glow on the horizon.

Personal Safety

Navigating the VUCA of Today's World



HI, I'M JAKE!





You decide to take some leisure in London before returning home. Who do you take with you?

You are
your own
hero!

LET'S TALK ABOUT

Situational Awareness!



What do you think most people get wrong when practicing situational awareness?

SITUATIONAL AWARENESS

- ✓ We don't listen to our senses or disbelieve.
- ✓ We don't want to be rude or an inconvenience.
- ✓ We think we know better.



An aerial photograph of a densely populated city, likely Tehran, Iran, with a vast mountain range in the background. In the foreground, a tall flagpole stands prominently, flying the national flag of Iran. The city is filled with numerous multi-story buildings, and the mountains in the distance are bathed in a warm, golden light, suggesting either sunrise or sunset. The overall scene conveys a sense of urban development and national identity.

How about
recent
events?

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EXCLUSIVE NATIONAL SECURITY

Pentagon Prepares Second Aircraft Carrier to Deploy to the Middle East

Trump is ratcheting up the pressure on Iran to make a deal over its nuclear program

By [Lara Seligman](#) [Follow](#), [Shelby Holliday](#) [Follow](#) and [Marcus Weisgerber](#) [Follow](#)

Updated Feb. 11, 2026 8:32 pm ET

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WSJ's Shelby Holliday explains the massive U.S. military presence in the Middle East as President Trump amps up pressure on Iran over its nuclear program. Illustration: Ryan Trefes

The Pentagon has told a second aircraft carrier strike group to prepare to deploy to the Middle East as the U.S. military readies for a potential attack on Iran, according to three U.S. officials.

All topics



Search Q

Updated Feb 28, 2026 - World

U.S. and Israel begin "major combat operations" in Iran

Barak Ravid, Dave Lawler

f X in Add Axios on Google



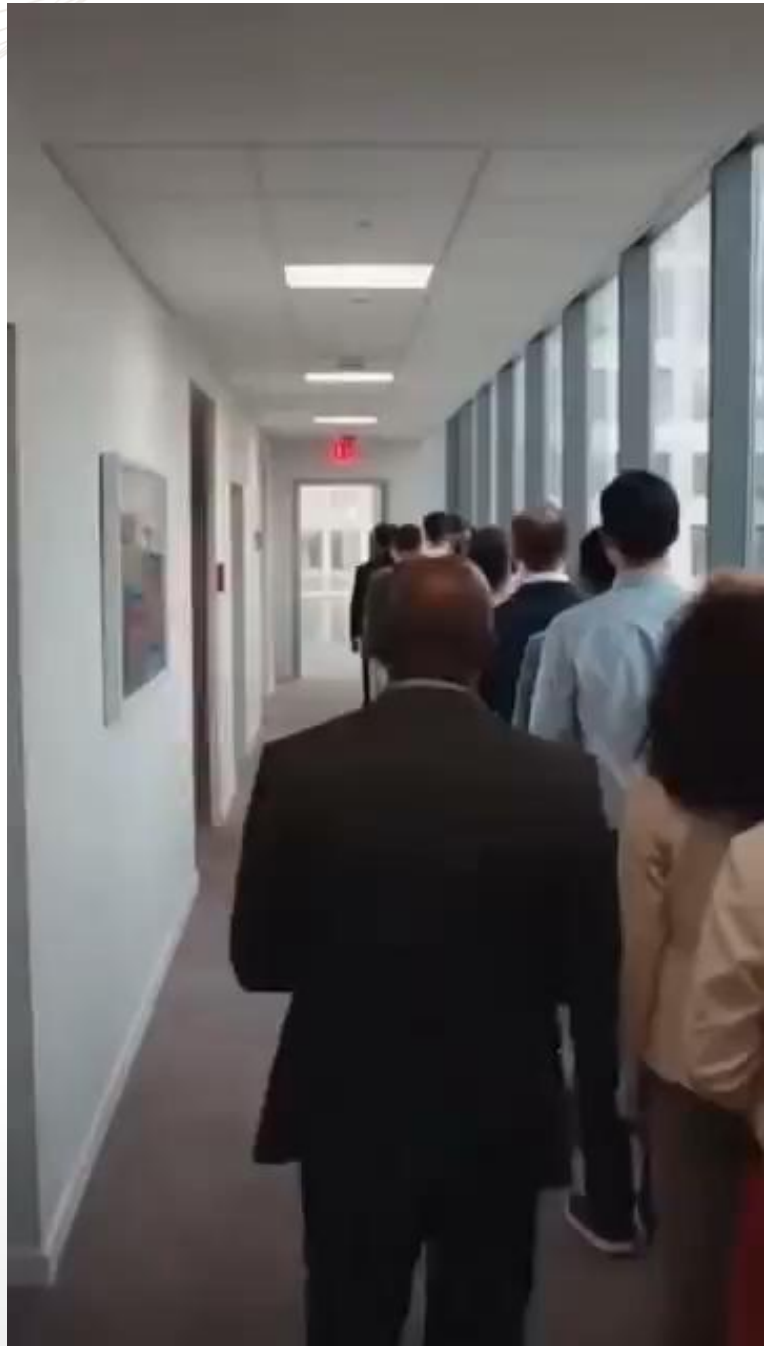
Photo by AMIR KHOLOUSI / ISNA / AFP via Getty Images

The U.S. and [Israel](#) began "major combat operations" in Iran overnight with the aim of destroying the country's military capabilities and fostering regime change, President [Trump](#) announced in an overnight video statement.



ANOTHER ON THE HORIZON?

- ✓ February 4th – U.S. MIL Intelligence gathering operations from air assets
- ✓ May 20th – USS Nimitz enters the area, participates in exercise
- ✓ June 11th – Sanctions imposed on largest oil asset



Have you seen
how individuals
often respond to
fire drills?

BACK TO OUR TRIP

Time to hit the road!

U.S. Passports

International Travel

U.S. Visas

Intercountry Adoption

International Parental Child Abduction

Replace or Certify Documents

Before You Go

Learn About Your Destination

While Abroad

Emergencies

[Travel.State.Gov](#) > International Travel

International Travel

The highest priority of the Bureau of Consular Affairs is to protect the lives and serve the interests of U.S. citizens abroad. Across the globe, we serve our fellow citizens during some of their most important moments – births, adoptions, medical emergencies, deaths, arrests, and disasters.

Before You Go

PASSPORT

[Documents](#)

[Insurance Coverage Overseas](#)

[Smart Traveler Enrollment](#)

Country Information



[Learn About Your Destination](#)

[Safety and Security Messaging](#)

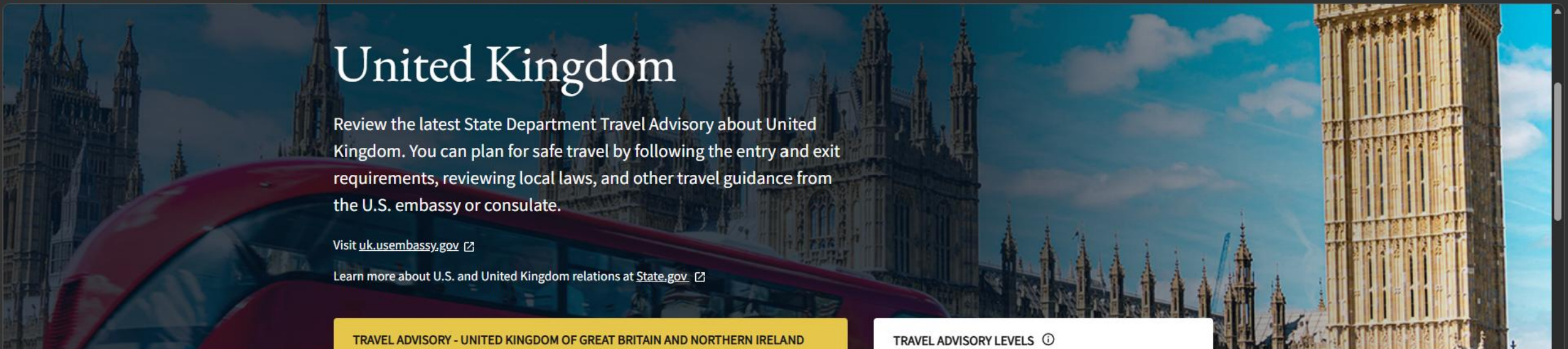
[Driving and Road Safety Abroad](#)

Enroll in STEP



[Subscribe](#) to get up-to-date safety and security information and help us reach you in an emergency abroad.

Recommended Web Browsers: Microsoft Edge or Google Chrome.



United Kingdom

Review the latest State Department Travel Advisory about United Kingdom. You can plan for safe travel by following the entry and exit requirements, reviewing local laws, and other travel guidance from the U.S. embassy or consulate.

Visit uk.usembassy.gov

Learn more about U.S. and United Kingdom relations at [State.gov](https://state.gov)

TRAVEL ADVISORY - UNITED KINGDOM OF GREAT BRITAIN AND NORTHERN IRELAND

Level 2 - Exercise increased caution

Date issued: May 08, 2025 - [advisory history](#)

TERRORISM (T) UNREST (U) CRIME (C)

Exercise increased caution in the United Kingdom due to terrorism.

Advisory summary

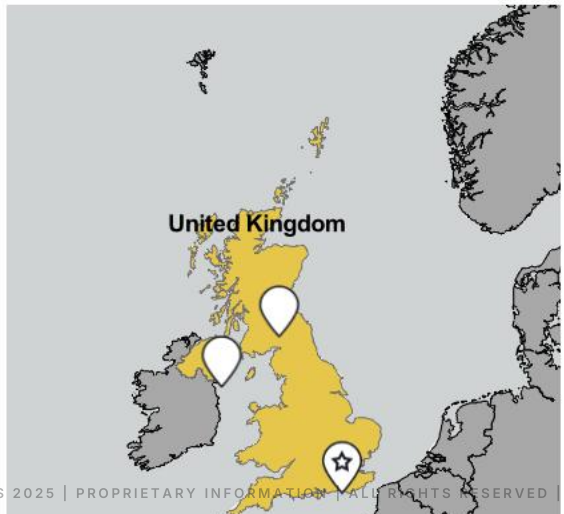
There is risk of terrorist violence, including terrorist attacks and other activity in the United Kingdom. Visit the U.S. Department of State's [country reports on terrorism](#) to learn more.

Terrorist groups continue plotting possible attacks in the United Kingdom. Terrorists may attack with little or no warning and target:

- Tourist locations
- Transportation hubs (airports)
- Markets and shopping malls
- Local government facilities

TRAVEL ADVISORY LEVELS

- 1 Exercise normal precautions
- 2 Exercise increased caution
- 3 Reconsider travel
- 4 Do not travel

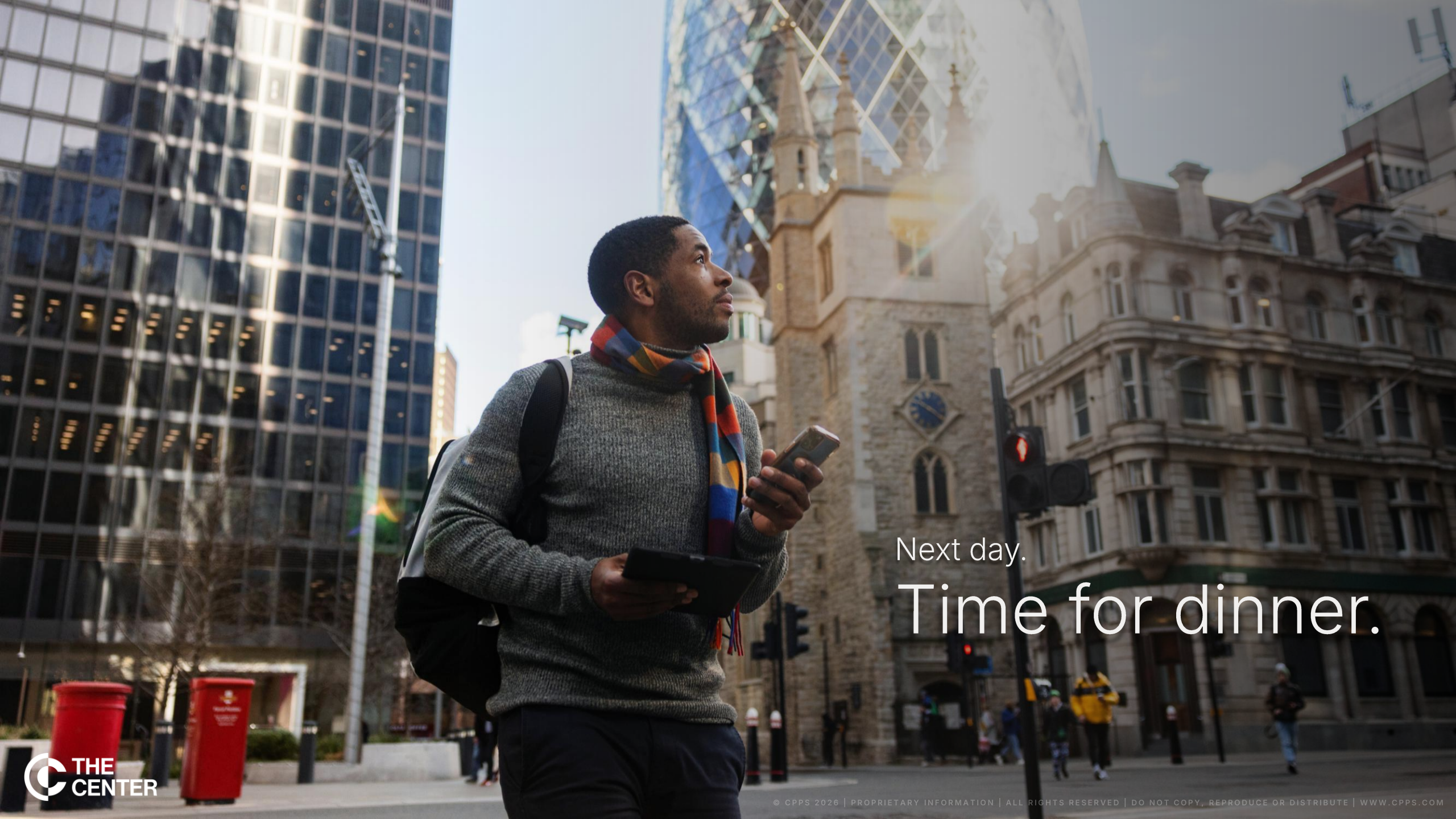




What practices can you implement that amplify your safety while traveling?



You've Arrived!



Next day.

Time for dinner.

As you depart, you make eye contact with someone. You notice that as you head outside, they make a call. Their demeanor makes you feel uncomfortable.





What do you do?

You approach the area of your chosen restaurant and notice this.





What do you do?

THE BIGGER PICTURE

Addressing TRM Holistically

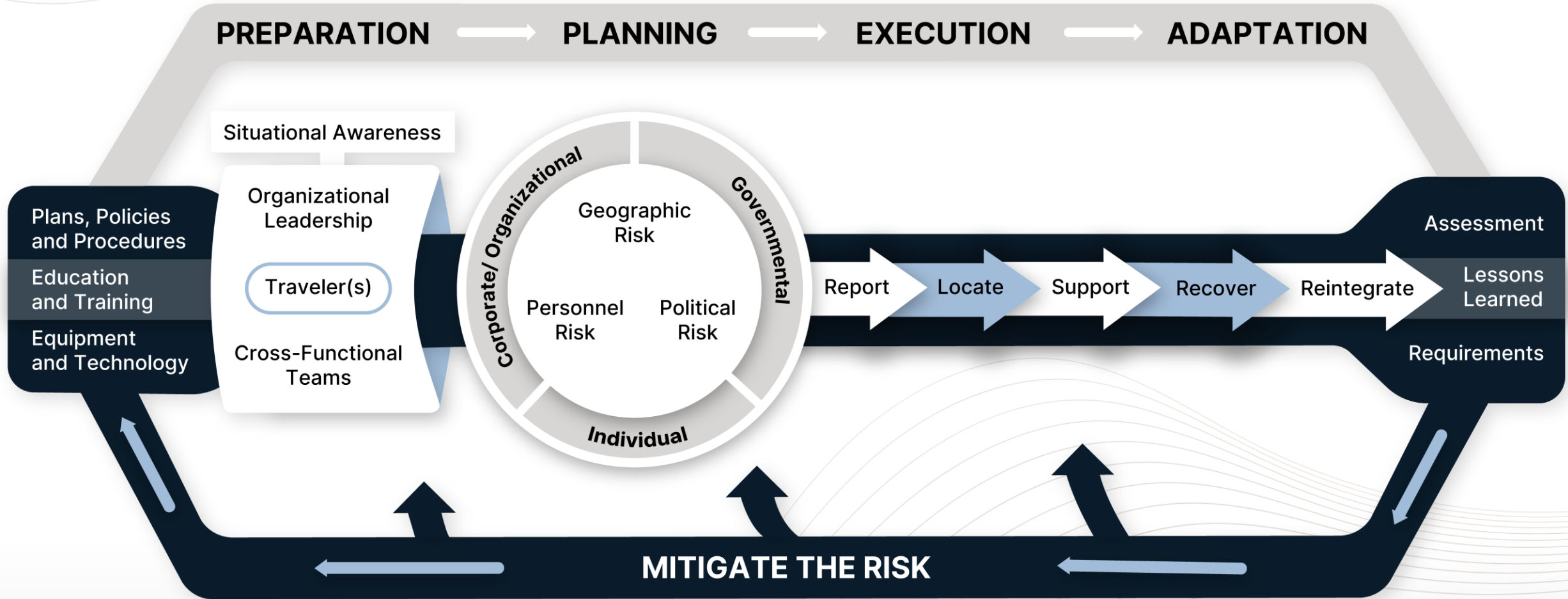
TRAINING

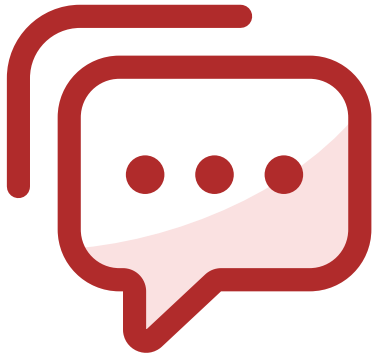
Based on ISO 31030 Standard

Minimum topics

- Cultural and ethical concepts
- Crime
- Local laws and entry requirements
- Response to emergencies
- Technology and equipment
- Cybersecurity
- Espionage / INFOSEC

TRAVEL RISK MANAGEMENT IS A SYSTEM





Audience Q&A

① The Slido app must be installed on every computer you're presenting from

WWW.CPPS.COM

Let's Connect

Scan for an overview of CPPS TRM capability!

