



MINIMIZE ACCIDENTS BY REDUCING STRESS IN YOUR WORKPLACE

What does stress have to do with safety? Everything! Besides sapping energy, stress plays havoc with your senses, shatters attention to detail, and makes people aggressive. People aren't born with practical skills for keeping their cool, and it's even tougher to teach someone else how to do it.

CHILL OUT WHEN YOU'RE STRESSED OUT!

REAL-WORLD TOOLS, INSIDER TIPS, AND UNIQUE RESOURCES

Before your people reach the boiling point, bring in safety expert Richard Hawk. His proven tips and tools for reducing stress help create an atmosphere throughout your organization that's cooler--and safer--by degrees! Your audience learns how to:

- Appreciate the connection between stress and safety
- Measure how much stress individuals are under
- Create an action plan to handle common stressful situations
- Use humor, fun, and creativity to overcome stress
- Identify the (5) types of stress--and what stress does to the body and mind
- Master easy-to-use tools to minimize daily stress

Richard Hawk has a unique ability to transform serious and often technical topics into lively and entertaining presentations your audience will love.

ADDITIONAL SAFETY TOPICS

Spice It Up!

- Get exciting new ideas for presenting technical material
- Learn specific techniques to create fun and memorable safety meetings
- Connect with employees to turn apathy into action

Create a Vibrant Safety Culture

- Turn leaders into listeners who know what's really going on in the field
- Maximize the personal impact of each safety leader
- Have the courage to take a stand on safety

The Dangerous Daze

- Identify and prevent the #1 cause of workplace accidents
- Learn 4 common accident behaviors and how to change them
- Exposed! The top 8 debunked myths about risks and accidents

BOOK RICHARD HAWK TODAY!

To Book Richard Hawk:

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