Managing Workplace Health and Stress



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Speakers: Richard Hawk of www.makesafetyfun.com

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It’s a fact that in today’s fast-paced world, we are expected to get more done with fewer resources. This kind of stress can affect people’s safety performance. In fact, according to the American Psychological Association, stress is a major factor in many accidents. Everyone also knows that your health has a strong influence on every aspect of your life, including your safety performance.

During this in-depth webinar, attendees will learn ways to “attack stress” – the modern epidemic which they can pass on to their employees and also “Seven Habits Guaranteed To Help You Live a Healthier and more Focused Life.”

Audience

“Managing Workplace Stress and Health” will help anyone in your organization learn how to handle stress better and improve their health and general well-being. Safety Leaders will find this webinar especially helpful because they will discover innovative ways to include stress and health topics in their companies safety program.

Take Aways

Everyone attending will:

- Recognize how potent stress is and how it develops
- Understand that they have the power to change their outlook toward negative situations
- Begin an active program of self-improvement concerning how to handle stress which they can also
  include as part of their present safety and health program.
- Learn details about the “Seven Habits” and get access to a handout they are welcome to use to
  promote stress and health improvement to their employees.
- Realize how easy it is to use “habit tags” to create new positive habits

that can give them an edge on
being in control of any life-improving goal (like worrying less).
- Leave with a cache of easy-to-use weapons against daily stresses

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About Richard Hawk

The World's Leading Expert on Making Safety Fun and Creating Vibrant Safety Cultures World-renowned, motivational safety speaker and trainer Richard Hawk helps safety leaders create
vibrant safety cultures. He also helps employees take personal responsibility for their safety by teaching them how to develop habits that eliminate accidents. It's rare to find someone who is both a safety professional and an entertaining speaker and trainer. Richard Hawk has been in the safety and health field for more than 35 years. He spent 12 of them as a safety professional in the nuclear industry and safety consultant on construction projects. His depth of knowledge and extensive experience make for content-rich, behavior-changing learning programs that are truly "fun."

Safety Expert
Richard is passionate about safety! He is an avid learner and stays on top of the latest research on behavioral science and how it relates to safety. Richard holds numerous safety and technical
certifications from various organizations including the National Safety Council (NSC), the Institute of Nuclear Power Operations (INPO), and The National Registry of Radiation Protection Technologists (NRRPT). He stays on the leading edge of the safety industry through his work with thousands of leaders in hundreds of organizations in a wide array of industries. This includes energy, manufacturing, chemical, construction, healthcare, technology, retail, transportation, government, and education.

Safety Industry Author
Since 1999, Richard's bi-weekly Safety Stuff e-zine acts as a clearinghouse for the best ideas from thousands of safety professionals around the globe. He is the author of four popular books: Spice It Up! 52 Easy Ways Turn Your Safety Meetings From Bland to Grand, The Safety Leader's Guide Book, Just Imagine!, and 250 Super Bright Safety Meeting and Promotional Ideas. His articles are regularly published in safety magazines, and he is a monthly columnist for the U.S. National Safety Council's magazine, Safety+Health.

Safety Speaker, Trainer, and Coach
Richard has a talent for connecting with people from diverse backgrounds and industries. His experiences as a union and nonunion employee, manager, and safety leader give him the insight to relate to people at all levels, from line employees to CEOs, truck drivers to scholars. Richard engages the audience using props, musical parodies, and interactive activities to create sustainable behavioral change that has been proven to reduce accidents. Richard has been speaking about safety for more than 25 years! He's a repeat speaker at the National Safety Council's Annual Convention and has been invited back every year for the past 10+ years. Richard has been a featured speaker at international conventions for Fortune 500 companies' safety leaders; he's presented to engineers and plant managers in India and Dubai, Canadian CEO's as well as Japanese technicians.