May 12: Rise Above It: Practical ways to handle hard times, setbacks, and tragedies



Recorded Date: May 12, 2021

Time: 9am – 10:30am PDT

Speaker: Richard Hawk

To access the recording of this webinar, please go here. As a member of SafetyNow, use discount code **SAFETYNOW21** to watch the recording for free on demand. All ancillary material is available as a handout with the recording.

About the Webinar

Whether you're having a bad day or you've hit "rock bottom," this webinar will give you the tools to better handle your plight, whatever it may be. You can also pass on the several practical tips and techniques you'll learn to your employees to help them deal with anger, frustration, trauma, and depression. During these trying times, we must learn to equip ourselves with tools to calm our minds and be more resilient.

Richard Hawk, a long-time mindfulness practitioner and veteran motivational safety speaker, will show you how to "rise above" our inevitable life problems.