

# Richard Hawk

Helping Companies create  
Vibrant Safety Cultures!

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## Attack Stress at Work

### Proven Methods for Handling Stress and Reducing its Impact on Performance

#### Overview

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**. During this in-depth training, participants will learn how to attack stress – the modern epidemic.

Whether it's stress due to a frantic work schedule or unexpected life changes, they will discover **proven ways to handle day-to-day stressors**. And, the workshop itself is a great stress reliever because it's so much fun!

#### Audience

“**Attack Stress at Work**” will help anyone in your organization learn how to handle stress better.

#### Take Aways

Everyone attending will:

- Recognize **how potent stress** is and how it develops
- Discover how to **handle pressure situations** with minimal stress
- Learn how to **appropriately have fun** at work
- Understand that they have the **power to change their outlook** toward negative situations
- Begin an active **program of self-improvement** with respect to handling stress
- Utilize a **five-step plan to minimize needless worry** in the future
- Leave with a cache of **easy-to-use weapons against daily stresses**

#### Format

Richard's interactive workshops are **lively and fun**, but they also include **practical activities**, tips and techniques that can be **applied immediately** within your organization. Each workshop is **tailored to your organization's specific needs and objectives**, including program length. Typical formats include two-hour, half-day and full-day, but can be customized depending on your needs.

# Attack Stress at Work

## Program Outline



### Part I: What Is Stress?

During this opening segment, we discuss the two different types of stress – emotional and physical – and discover the physiological affects of stress on the human body. Attendees will also complete a stress survey developed by the Stress Management and Counseling Center in New York City.

### Part II: When Havoc Strikes

This section includes practical suggestions for how attendees can take control of their time and manage heavy workloads. Each participant will develop a plan of action for dealing with several common stressful situations, such as when a deadline is approaching and it seems the work won't get done on time.

### Part III: Having Fun at Work

During this module, attendees will create a list of things which are fun and a list of things which aren't any fun. Then we'll determine which fun things we can do at work. We will also discuss the impact of humor, creativity and other pleasurable conditions on stress. Small groups will be formed and given the following assignments:

- ❑ Write a company policy which encourages on-the-job fun
- ❑ Suggest ways to eliminate misery in the workplace
- ❑ Develop a plan of action that includes 10 ways to have fun without looking too silly
- ❑ Determine why "a barrel full of monkeys" is a fun standard

### Part IV: Why Worry?

In this section, participants will:

- ❑ Have an open discussion around what people worry about
- ❑ Dissect the purpose of worrying and determine if anything protective (yes, protective) comes from worrying
- ❑ Review several examples of worries that were useless and of famous people who didn't worry even though they were under considerable stress
- ❑ Learn a five-step plan to minimize needless worry in the future

### Part V: Simple and Effective Ways to De-stress

In this portion of the course, we will review suggestions from several experts in the field of stress and mental health, and participants will be encouraged to share their own suggestions. Just a few of the many techniques, ideas and action items attendees will learn include: sleep, exercise, rehearsing stressful events, using your imagination to unwind, stretching and oodles of more simple activities which relieve stress.

## Part VI: Success Over Stress

This section is a summary of the workshop's take aways. We will discuss ways to keep problems in perspective with priorities, and each participant will identify at least one specific way they intend to lessen the harmful effects of stress in their life.

### About Richard Hawk

It's rare to find someone who is both a safety professional and an entertaining speaker and trainer, but Richard fits the bill. While his depth of knowledge and extensive experience make for content-rich sessions (Richard spent 10 years as a safety professional in the Nuclear Industry), he also draws on his theater and music background to deliver presentations that are truly enjoyable.

Richard's expertise also comes from his interactions with thousands of leaders in hundreds of organizations in a wide array of industries, including energy, manufacturing, chemical, construction, healthcare, technology, retail, food services, transportation, government and education. He holds numerous safety and technical certifications from various organizations including the National Safety Council and stays on the leading edge of the safety industry. He has been a popular keynote speaker at the NSC's Annual Congress & Expo, the largest annual safety convention in the U.S.

Richard has a talent for connecting with people from diverse backgrounds. He has been a featured speaker at international conventions for Fortune 500 companies and presented to engineers and plant managers in India, CEO's from Canada and Japanese technicians with Westinghouse. His experiences as a union and nonunion employee, line worker and manager, safety leader and now successful business owner, give him the insight to relate to people at all levels, from employees to CEOs, truck drivers to scholars.

### Clients

Just a few of the many clients that have benefitted from Richard's presentations:

- American Society of Safety Engineers
- American Water
- Aquilex Hydrochem
- AstraZeneca
- Aventis Pasteur
- Constellation Energy
- DuPont
- ExxonMobil
- Georgia Power
- Sikorsky
- Montana State Fund
- Super Store Industries
- Tata Motors
- Gulfstream Aerospace
- Heinz Frozen Foods
- India Coal
- John Deere
- McNeil Consumer Healthcare
- NASA
- National Safety Council
- Nestle Purina
- Occidental Chemical
- Entergy Nuclear
- American Training Resource
- British Glass
- PA National Guard
- Pfizer
- Ralston Purina
- Raytheon
- Shell
- Suncor
- Sysco Foods
- Tropicana Products
- U.S. Air Force
- VPPPA
- American Chemistry Council
- BP Retail
- Imperial Oil