

Richard Hawk

Helping Companies create
Vibrant Safety Cultures!

www.MakeSafetyFun.com



Mindfully Safe

Improve safety performance by paying better attention

Overview

Being mindful helps you pay better attention to what you're doing and improves your ability to avoid hazards. Time Magazine calls it "the science of finding focus in a stressed-out multitasking culture." Google, Nike, Proctor Gamble, hospitals, schools and professional sports teams are just a few of the many organizations who are including this science, mindfulness training, as part of their health & safety and performance programs.

Research and real-life results show that mindfulness reduces stress and improves your health. During this inspiring keynote, you'll learn practical ways to include mindfulness in your daily life (as well as tips on how to begin a mindfulness program at your company for safety leadership audiences).

Audience

Mindfully Safe is a must for any leader in your organization who has "safety" as one of their responsibilities.

Take Aways

What you'll discover during Richard's "Mindfully Safe" keynote:

- Why **paying better attention** is the most important safety skill you can develop.
- Techniques to help you better **handle negative emotions** that cause distractions.
- Habits that help you **improve your mental (and physical) well-being**.
- Ways to use habit tags to remind you to **be mindful** throughout the day.

And, in the safety leader version:

- How to **introduce the topic of mindfulness** to your employees in a way that will gain the most acceptance.
- Ways to **increase the attention** employees pay to checklists, inspections and other routine tasks that often become "mind-numbing."

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.

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
- Gulfstream Aerospace
- Heinz Frozen Foods
- India Coal
- John Deere
- McNeil Consumer Healthcare
- NASA
- National Safety Council
- Nestle Purina
- Occidental Chemical
- PA National Guard
- Pfizer
- Ralston Purina
- Raytheon
- Shell
- Suncor
- Sysco Foods
- Tropicana Products
- U.S. Air Force
- VPPPA