

Richard Hawk

Helping Companies create
Vibrant Safety Cultures!

www.MakeSafetyFun.com



Find Your Focus

How to Reduce Accidents and Mistakes by Paying Better Attention

Overview

In today's fast-paced world, **lack of focus** and mental distractions are a major root **cause of accidents**. Every year, un-focused acts cost **billions of dollars** in damage and injury. **"Find Your Focus"** combats **this problem by giving** participants the tools to **concentrate better**, heighten their **attention to detail** and effectively **manage distractions**. The end result? **A safer workplace**.

5 Ways "Find Your Focus" Will Improve Your Bottom Line:

1. A **decrease in accidents** and an **increase in positive behaviors**
2. **Improved quality of work with fewer mistakes**
3. **Less sick time due to stress-caused symptoms, such as headaches, and digestion problems**
4. **An increase in hazard recognition which will reduce accidents**
5. **A marked increase in innovation and cost-saving ideas**

Audience

"Find Your Focus" is valuable for employees, supervisors, managers and contractors at every level of your organization. It is perfect for outages, turnarounds and other special projects where it's crucial that employees stay focused on the task at hand.

Take Aways

Just a sample of what participants will discover:

- ❑ How to heighten awareness and sharpen their ability to **improve productivity** and **eliminate waste**
- ❑ **Down-to-earth methods** to stay focused on the task at hand
- ❑ Techniques to *slow down* in order to **get more work done** in less time
- ❑ Easy ways to **stop distracting thoughts**
- ❑ How to make **better decisions** with more confidence
- ❑ A proven system for **handling emotions** during "surprise attacks" from others
- ❑ Ways to **help other people focus**, including co-workers, family and friends

Format

Richard's programs are **lively and fun**, but they also include **practical activities**, tips and techniques that can be **applied immediately** within your organization. Each program is **tailored to your organization's specific needs and objectives**, including program length. Formats range from a 60-minute, high-energy keynote to a full-day interactive workshop. We also recommend that Richard conduct a brief session with your supervisors to teach them how to make the "**Find Your Focus**" message stick with their people.

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

Below are just a few of the many clients that have benefitted from Richard's presentations:

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

