

Richard Hawk

Helping Companies create
Vibrant Safety Cultures!



Mindfully Safe (for Leaders)

Practical Ways to Improve Your Employees' Safety Performance by Helping Them Keep Their Mind on the "Task at Hand"

Overview

Being mindful helps you pay better attention to what you're doing and improve 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 also reduces stress and improves your health. During this life-changing session with Richard Hawk, you'll learn practical ways to incorporate mindfulness into your daily life and how to pass on what you learn to your employees.

Audience

"**Mindfully Safe**" is designed for anyone in your organization who is a safety leader or has "safety" as one of their leadership responsibilities.

Take Aways

This keynote experience will give insight to help attendees:

- Avoid three factors that cause distractions: rumination, sensation, and fatigue; and proven ways to overcome their influence.
- Integrate mindfulness into their present safety and health culture that will **gain the most acceptance** from employees **at all levels** of their organization.
- **Increase the focus** employees pay to checklists, inspections and other routine tasks that often become "mind-numbing."
- Help their employees **better control their negative emotions** which have been proven to be a MAJOR root cause to poor decisions that lead to accidents.
- Understand and **use techniques progressive companies** such as Google, Aetna, General Mills and Merck are using to improve their "white" and "blue" collar employees' safety performance by including mindfulness as part of their safety and health program.

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.

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. He spent more than 10 years in the nuclear industry as a safety and health professional which included a stint with the Institute of Nuclear Power Operations (INPO) studying the root cause of incidents and recommending ways to eliminate errors.

Richard's expertise also comes from his interactions with thousands of leaders 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. He has been a featured speaker at international conventions for Fortune 500 companies; presented to engineers and plant managers in India; worked with CEOs in Canada; and has spoken to technicians in Japan. 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.

Richard is the author of five books, including *The Safety Leader's Guidebook*, and is a regular columnist for the National Safety Council's *Safety+Health Magazine*. He is an accomplished singer, songwriter, and avid pool player who lives in South Jersey with his wife Jackie and rescue dog Izzy.

Clients

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 | ▪ John Deere | ▪ Raytheon |
| ▪ AstraZeneca | ▪ McNeil Consumer Healthcare | ▪ Shell |
| ▪ Aventis Pasteur | ▪ NASA | ▪ Suncor |
| ▪ Constellation Energy | ▪ National Safety Council | ▪ Sysco Foods |
| ▪ DuPont | ▪ Nestle Purina | ▪ U.S. Air Force |
| ▪ ExxonMobil | ▪ Occidental Chemical | ▪ VPPPA |
| ▪ Georgia Power | ▪ Entergy Nuclear | ▪ American Chemistry Council |
| ▪ Sikorsky | ▪ American Training Resource | ▪ BP Retail |
| ▪ Montana State Fund | ▪ British Glass | |
| ▪ Super Store Industries | | |
| ▪ Tata Moto | | |

