



**CTN WEB CONFERENCE
WORKPLACE TRACK**

TUESDAY, MAY 20, 2008
9:30-10:30 AM CT/10:30-11:30 AM ET

Chill Out: Minimize Accidents by Reducing Stress in your Workplace



Featuring:

Richard Hawk, www.makesafetyfun.com

Target Audience: Employees at all levels

Program Overview:

What does stress have to do with safety? Everything! Besides sapping energy, stress plays havoc with your senses, shatters attention to detail, and makes people aggressive. People aren't born with practical skills for keeping their cool, and it's even tougher to teach someone else how to do it.

In this interactive web conference, Richard Hawk will share his proven tips and tools for reducing stress to help create an atmosphere throughout your organization that's cooler--and safer--by degrees!

Participants will learn how to:

- Appreciate the connection between stress and safety
- Measure how much stress individuals are under
- Create an action plan to handle common stressful situations
- Master easy-to-use tools to minimize daily stress

**For more information, contact:
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