

MICHAEL MELNIK'S PRESENTATIONS

Each of Michael's presentations can be customized to meet the unique needs of your organization and event. We also provide a variety of take-away materials ranging from handouts to award-winning DVDs.

The Energized Approach for Achieving a Safe, Healthy and Productive Workplace

Those in a position of responsibility for safety are often faced with the monumental task of "implementing change", "getting people on board" and "energizing the workplace." All of these can be daunting, time consuming and energy draining activities unless they are done in a way that actually generates energy from everyone involved. The **Energized Approach** by Michael Melnik was created to "generate and capture" the energy needed for the success of any program or initiative. Imagine the energy that can be generated in a work environment where employees purposefully try to get caught "doing something safely" rather than hiding an unsafe behavior.

Imagine the energy created when an employee has a positive response when invited to a safety meeting rather than responding with "Is it mandatory?" And imagine the energy that becomes available when an employee thanks a manager or supervisor for demonstrating a genuine concern about his or her safety. In this session Michael introduces the 10 essential energy sources and demonstrates how energy can be harnessed through the use of **The Energized Approach**.

From Knowing to Doing: Getting the Most Out of Your Safety Training Efforts.

For years, the delivery of information has been the method of choice for inviting safe employee behaviors. Unfortunately it has become clear that there is a huge difference between what employees know and what they do with what they know. While information certainly has value, its impact is influenced not only by the quantity of content delivered, but also by HOW the content is developed, delivered, supported and received!

In this session Michael introduces REP; The Rational, Emotional and Physical approach to effective training. This fun, high energy session takes a humorous look at training and offers insights and strategies for training that not only influence what participants know, but also what they do with what they know.

The Lighter Side of Sitting, Standing, Lifting and Stretching:

For years, organizations have tried desperately to teach employees the "right" way to lift, the "proper" sitting posture and how to stretch to reduce the risk of injury. Despite these herculean efforts the number of strains and sprains remains relatively unchanged. It's time for a change. Is it possible that there isn't a "right" way to lift and that maybe the way in which we are trying to influence employee behaviors in the workplace needs a major face-lift?

This high energy, fun and interactive session examines the myths and misconceptions surrounding "proper" body mechanics and offers practical and effective strategies to reduce claims and increase productivity.

If Change Were Easy, We'd All Be Perfect!

It is a fact of life that change is not only essential...it is unavoidable. Organizations continuously introduce new programs, policies and initiatives with high hopes of success. All too often these expectations turn to frustration when resistance kicks in. People do not typically resist change because the change itself is bad; they resist it because of how an organization develops, implements and supports (or doesn't support) the change. In this session Michael introduces the 10 Essential Energy Sources of "The Energized Approach" and "REP; The Rational, Emotional and Physical Approach to Effective Change". This time-tested strategy helps organizations focus attention on HOW change is introduced and supported. The result of this approach is increased participation, reduced resistance and an environment with participants at all levels who are motivated, receptive and open to change.

The Aging Worker:

Reducing the risks for an aging workforce has become a topic of great interest. The work demands are the same as when the workers were young, but their bodies have undergone changes in their levels of strength, flexibility and endurance. There is hope....and there are things that can be done to minimize the impact of these changes. Effective training in safe work practices (and reinforcement of these practices), stretching and warm-up programs, wellness initiatives and ergonomics play an important role in reducing the demands on this growing population. This session also addresses the difficulties associated with changing long-standing habits and the importance of recognizing the increased value of the experience this population brings to the workplace.

Michael's Bio

Michael S. Melnik MS, OTR is an occupational therapist with a master's degree in exercise physiology. He is owner and president of Prevention Plus, Inc. where for the last 25 years his career has focused on the helping companies create a safe, healthy and productive workplace. He has presented his high energy, fun and practical approach to nearly half a million participants throughout the country and his award-winning videos are in distribution throughout the US, Canada and Australia. His clients include The Home Depot, Coca Cola, PetSmart, Wal-Mart, Alcoa, Albertsons, General Mills, Wells Fargo, Northwest Airlines, Chevron, UCLA and many others.