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**Region VII Workshop Schedule**

**2018 Midwest Safety and Health Conference & Expo**

May 21-23, 2018

La Vista Convention Center / Embassy Suites

La Vista (Omaha), Nebraska

Course number	Date	Timeslot	Room	Workshop Presentations	Presenter(s)	Workshop Description
<b>M-01</b>	Monday, May 21 <sup>st</sup>	8:00 AM – 4:00 PM	Dapper I	<b>VPP Education Series-Registration required:</b>  VPP Application Workshop	OSHA VPP Region VII Program Manager <ul style="list-style-type: none"> <li>• Matt Gaines</li> </ul> National VPPPA BOD Member <ul style="list-style-type: none"> <li>• Terry Schulte</li> </ul> Region VII VPPPA BOD Members <ul style="list-style-type: none"> <li>• Terry Bass</li> <li>• Bill Turner</li> </ul>	The VPP Application Workshop® provides hands on experience in VPP application development. You will be guided through the VPP application process. Hear from industry leaders at VPP worksites on what it takes to develop a complete and successful application. You will learn step-by-step how to put together the major components of an application and how to properly write an application by reviewing samples from applications submitted by VPP Star worksites.
<b>M-02</b>	Monday, May 21 <sup>st</sup>	8:00 AM – 3:00 PM	Dapper II	<b>VPP Education Series-Registration required:</b>  Strengthening Star Quality Workshop	Region VII VPPPA BOD Members <ul style="list-style-type: none"> <li>• Kathy French</li> <li>• Chris Wige</li> <li>• Eric Befort</li> <li>• Brent Nelson</li> </ul>	Once your site has achieved VPP Star status, where do you go from there? This workshop focuses on “continuous improvement,” providing information on what OSHA is looking for in the VPP re-approval, how other VPP worksites are maintaining the level of commitment, how to make the most of your annual evaluation and what evaluation criteria are used to measure management leadership and commitment.
<b>M-03</b>	Monday, May 21 <sup>st</sup>	8:00 AM – 12:00 PM	Dapper III	<b>FREE for All Attendees:</b>  CPR/AED/First Aid Refresher Training Certification	David Zumach Training & Compliance Instructor Cintas Corporation 1400 SE Gateway Drive STE 109 Grimes, Iowa 50111	The refresher course will review critical skills needed to respond to and manage a medical emergency until emergency medical services arrives. Skills covered in this course include basic first aid, CPR instruction, choking relief in adults, children, and infants along with AED use and what to do for sudden cardiac arrest situations. The course is free to registered attendees.
<b>M-04</b>	Monday, May 21 <sup>st</sup>	1:00 PM – 3:30 PM	Dapper III	<b>FREE Presentation for All Attendees:</b>  Work Life Balance: Creating Greater Satisfaction In Your Life	LEAP Training & Coaching Your Next Level of Greatness info@yourleapteam.com 402-415-4246	Do you feel frustrated and dissatisfied with yourself and your life? Do you feel like you don't have enough time to balance your work tasks and your personal obligations? Well, I am excited to tell you that there is a simple yet effective way to create greater satisfaction in your life. Research shows that people tend to be most fulfilled in their life when they are living in accordance with their values and purpose. In this session, you will uncover your values and intentions, transform your idea of time management, and begin living



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						<p>your best life. Your perfect work-life balance is within reach. It is time to begin living a happier, healthier life!  <b>The course is free to all registered attendees.</b></p>
<b><u>WS-A1</u></b>	Tuesday, May 22 <sup>nd</sup>	1:00 PM – 2:00 PM	Dapper I	Clayco Approach To Subcontractor Management	<p>Todd Friis            VP – Risk Management            friist@claycorp.com            Alex Jeffries            Safety Director            jeffriesa@claycorp.com            Rob Hunter            Safety Education and Programs Manager            huntterr@claycorp.com</p>	<p>Clayco is a full-service, turnkey real estate, architecture, engineering, design-build and construction firm that delivers clients around the world the highest quality solutions on time, on budget and above and beyond Safety expectations. Clayco is a proud VPP Star member of Region VII. Clayco has developed long-term relationships with subcontractors in all parts of the country. Allow us to share some of our experience, as well as the tools we use to help prepare and manage the Safety of subcontractors we work with.</p>
<b><u>WS-A2</u></b>	Tuesday, May 22 <sup>nd</sup>	1:00 PM – 2:00 PM	Dapper II	The New Face of HazCom – SDS & Label Compliance in the Post-GHS Deadline Era	<p>Chuck Haling            VP of Sales            VelocityEHS/MSDSOnline            222 W Merchandise Mart Plaza,            Suite 1750            Chicago, IL 60654            velocity@ehs.com            312-881-2000</p>	<p>Surprisingly for some, the new face of HazCom is very much like that of the HazCom in transition—it's still in a state of flux. So while companies were thinking compliance challenges brought on by OSHA's adoption of the Globally Harmonized System were behind them now that the GHS deadlines and phase-in period have passed, that's unfortunately not the case. The obligations imposed by the deadlines are ongoing and the compliance challenges persist. When it comes to SDS and label compliance in particular, there seem to be more questions than answers for the millions of employers covered by the rule. This confusion is due in part to upstream adoption delays, general misunderstandings about what has long been required under the standard compared to what was newly required as a result of GHS adoption and the ever-changing regulatory landscape. These issues collectively contribute to HazCom's continued ranking as one of OSHA's most frequently cited standards.</p> <p>In this session, we address the often elusive areas of SDS and label compliance under HazCom. As examples, we'll discuss OSHA's expectations for labeling small containers and managing SDSs when the same product from different</p>



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						suppliers is being used. Given the integral role they play in HazCom, by equipping EHS professionals with information necessary to tackle SDS and label compliance issues head-on, we are paving the way for companies to more easily achieve and maintain a fully compliant Hazard Communication Program today and well into the future.
<b><u>WS-A3</u></b>	Tuesday, May 22 <sup>nd</sup>	1:00 PM – 2:00 PM	Dapper III	<b>30 Minute “Two for Ones” - Ergonomics</b>  1: Implementing an Aggressive Ergonomics Program: Schneider Electric Success Story  2: Reducing Ergonomic Risks for an Aging Workforce through a Proactive Ergonomics Program	Kathleen Spanjer Safety, Health & Environmental Manager Schneider Electric 1717 Centerpark Rd Lincoln, NE 68512 Kathleen.spanjer@schneider-electric.com 402-421-4506	This two part, combined presentation will address decreasing ergonomic risks associated with musculoskeletal injuries is critical – particularly with an aging work population. The Schneider Electric Square D facility was given an aggressive agenda to minimize ergonomic risk and has quite a success story to share. See how this miniature circuit breaker manufacturing plant managed to drive down injuries and subsequent WC costs while maintaining and oftentimes improving productivity via an innovative approach to ergonomics.
<b><u>WS-A4</u></b>	Tuesday, May 22 <sup>nd</sup>	1:00 PM – 2:00 PM	Windsor I	Safety Marketing Techniques to Captivate Your Internal Customers' Attention	Dennis Burks Safety Director, CSP, PE HNTB dburks@hntb.com 816-527-2013	When you differentiate and position yourself as a responsible individual who adds values to the organization, you will not only be able to establish yourself as a memorable brand but also increase your services by adding meaningful merit to your internal customers' experience. Often safety professionals are not fully utilized. Applying marketing strategies can influence the perception of your services and provide opportunities to implement workplace safety efforts. This presentation will examine seven safety marketing techniques that have been time tested, to captivate your internal customers' attention.
<b><u>WS-A5</u></b>	Tuesday, May 22 <sup>nd</sup>	1:00 PM – 2:00 PM	Windsor II	The Bulletproof Employee	Fredric “Ric” Voelker Consultant/Trainer Nebraska Safety Council 3243 Cornhusker HWY, Ste. A10 Lincoln, NE 68504 rvoelker@nesafetycouncil.org 402-483-2511	Every supervisor, at some time, finds themselves face to face with the “Bulletproof Employee.” The one employee who sees themselves as the indestructible force that holds the company together. Attendees will learn how complacency, shortcuts, ego and fear shape our work ethic, and what we can do to overcome these “Safety Villains.”



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<b><u>WS-A6</u></b>	Tuesday, May 22 <sup>nd</sup>	1:00 PM – 2:00 PM	Windsor III	<b>OSHA VPP Education Series:</b> How To Correctly Prepare The Annual VPP Report	Matt Gaines OSHA VPP Region VII Program Manager	OSHA requires each VPP participant to perform annually a self-evaluation of its safety and health management system. This self-evaluation, reflecting the previous calendar years' experience, must be submitted to the participant's OSHA Regional VPP Manager by February 15 of each year. In recent years it has been determined that the submitted annual VPP Reports tend to have gaps or missing information and steps. This workshop will review what is required in each annual VPP report.
<b><u>WS-A7</u></b>	Tuesday, May 22 <sup>nd</sup>	1:00 PM – 2:00 PM	Windsor IV	<b>Health and Wellness Series:</b> T.R.U.S.T.ing The Power of Your Brain	Ryan W. Bouda, C-IQ LEAP Training & Coaching Your Next Level of Greatness info@yourleapteam.com 402-415-4246	Research has proven that conversations are no longer just a way of sharing information. They are the foundation for building trust, creating relationships and improving culture. More importantly, they trigger changes in our neurochemistry that uncover the true power of our brain. In this session, we will discuss the negative influence of the Brain's Fear Center, the power of our Executive Brain, and the Best Practice for shifting to a place of Trust. It is time to begin connecting, engaging, navigating, and growing with others!
<b><u>WS-B1</u></b>	Tuesday, May 22 <sup>nd</sup>	2:30 PM – 3:30PM	Grand Ballroom	<b>"Cookies and Caffeine" Large Group Session</b>  <b>Human Trafficking</b>	Julie Shrader Executive Director Rejuvenating Women julie@rejuvenatingwomen.org (402) 345-4673 www.rejuvenatingwomen.com	The main topic of discussion presented will revolve around human trafficking education and how to keep ourselves and loved ones safe from predators.
<b><u>WS-C1</u></b>	Tuesday, May 22 <sup>nd</sup>	3:40 PM – 4:40 PM	Dapper I	<b>30 Minute "Two for Ones"</b>  1: Surviving an Open-Air Ambush Active Shooter  2: After Shots are Fired! The Survival Mindset for Active Shooters Events	Fredric "Ric" Voelker Consultant/Trainer Nebraska Safety Council 3243 Cornhusker HWY, Ste. A10 Lincoln, NE 68504 rvoelker@nesafetycouncil.org 402-483-2511	<b>AMBUSHED! Surviving an Open-Air Ambush Active Shooter</b> In the wake of the Las Vegas Active shooter, employers are faced with a new threat. The "Open-Air Ambush." What do employees do when the shots fired are from an unknown or elevated position? Learn skills that will empower your employees to take proper action in the event of an elevated or unknown active shooter. Discussion Topics: cover and concealment, trajectory, situational awareness, and proper movements for these unique incidents.



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						<p><b>After Shots are Fired! The Survival Mindset for Active Shooters Events</b></p> <p>In the workplace, “Run, Hide, Fight” has become a well-known procedure for active violence. While running is always best, but what if it is not an option? “After Shots are Fired” will discuss the reality of the “Fight” aspect. Taught by a 20-year police tactical team leader, attendees will be instructed on the psychological response to firearms injuries, the survival mindset, and improvised techniques for “Winning the Fight.”</p>
<b><u>WS-C2</u></b>	Tuesday, May 22 <sup>nd</sup>	3:40 PM – 4:40 PM	Dapper II	PHA Best Practices	<p>Mike Munsel Sr. Project Manager/Director Latin America PSRG 800 W Sam Houston Parkway, Suite 107 Houston, Texas 77042 mmunsil@psrg.com 713-532-8800</p>	<p>The objective of this workshop is to provide a better understanding of the importance of certain aspects of Process Hazard Analysis (PHA) facilitation and the best practices that should be used during a PHA study. Using these best practices will reduce time, confusion and increase the quality of the PHA. This workshop will also highlight the “dos and don’ts” in a PHA study.</p>
<b><u>WS-C3</u></b>	Tuesday, May 22 <sup>nd</sup>	3:40 PM – 4:40 PM	Dapper III	Hazards Associated with Electricity & The Human Body	<p>Tim Boswell, S.E., CUSA, MICT Field Safety Coordinator Westar Energy Inc. 4001 NW 14<sup>th</sup> St. Topeka, Kansas 66618 tim.boswell@westarenergy.com 785.575.1360</p>	<p>Contact with overhead &amp; underground power lines are never planned, but the results can be devastating. Vivid examples of the hazards associated with working around high voltage powerlines will be illustrated &amp; discussed. The first step to preventing these accidents is recognizing the hazards &amp; understanding how electricity effects the human body. If you or your company operate equipment that extends, rotates, or pivots in the air or underground, this presentation is for you. This course will segue into the “Morning Joe – Live Electrical Demonstration” large group presentation on Wednesday morning.</p>
<b><u>WS-C4</u></b>	Tuesday, May 22 <sup>nd</sup>	3:40 PM – 4:40 PM	Windsor I	OSHA Walking-Working Surface Fall Protection Standard Update	<p>Jeff Springer Business Development Manager Process marketing Group 2780 Autumn Meadows Circle Fremont, NE 68025 jeffs@pmgmidwest.com 402-881-2227</p>	<p>OSHA recently updated 1910.21-30 for Walking-Working surfaces. This update is relevant to many industries and makes it easier to follow and gives you greater flexibility when choosing what fall protection works best for you. Will discuss updates pertaining to training, inspection/certification, rooftops and fixed ladders. This workshop will help you learn how to update your fall protection program.</p>



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<b><u>WS-C5</u></b>	Tuesday, May 22 <sup>nd</sup>	3:40 PM – 4:40 PM	Windsor II	Getting To Zero Injuries	Donald Theune Principal DONNIC CONSULTING GROUP, LLC PO Box 700 St. Michaels, MD 21663 donaldtheune@comcast.net 610-212-7474	Companies have gone to great lengths to guard equipment, provide PPE and SOP's. Yet workers are still having accidents and injuries. The two primary causes are human mistakes and distractions. Learn what it takes to prevent human mistakes and deal with distractions. A mini-training will give participants an experience of what it takes to change unsafe attitudes and behaviors. This is a great take away to share with your family and coworkers.
<b><u>WS-C6</u></b>	Tuesday, May 22 <sup>nd</sup>	3:40 PM – 4:40 PM	Windsor III	<b>OSHA VPP Education Series:</b> Common Deficiencies found During VPP Evaluations	Matt Gaines OSHA VPP Region VII Program Manager	So, when the OSHA VPP team shows up at your facility for the dreaded audit, what exactly are they looking for? Find out from the one person who has been doing VPP audits for years. You will learn some of the common deficiencies found and how best to prepare for your first VPP audit or your recertification audit.
<b><u>WS-C7</u></b>	Tuesday, May 22 <sup>nd</sup>	3:40 PM – 4:40 PM	Windsor IV	<b>Health and Wellness Series:</b> 5 Pillars of Health	Dr. David Bouda, FACP LEAP Training & Coaching Your Next Level of Greatness info@yourleapteam.com 402-415-4246	It is time to begin being proactive about your health! Today, most diseases are caused by poor diets, increased stress, and lack of exercise, inadequate sleep, and unhealthy lifestyles. We have the ability to choose a happier, healthier life! Dr. Bouda's 5 Pillars of Health provide the building blocks for designing a life that will bring fulfillment, happiness, and satisfaction to all you do.
<b><u>WS-D1</u></b>	Wednesday, May 23 <sup>rd</sup>	8:00 AM – 9:15 AM	Grand Ballroom	<b>“Morning Joe” Large Group Session</b> Electrical Demonstrations – (The Effects of Electricity & The Human Body)	Tim Boswell, S.E., CUSA, MICT Field Safety Coordinator Westar Energy Inc. 4001 NW 14 <sup>th</sup> St. Topeka, Kansas 66618 tim.boswell@westarenergy.com 785.575.1360	With the aid of an electrical “Hot Demonstration Trailer” energized at 7,200 volts, Westar Energy will examine and demonstrate the hazards associated with electricity. Using real life situations to help you incorporate possible electrical hazards during everyday life activities at work & at home, this demonstration will reveal the effects of high voltage electricity on the human body. If you or your company operate equipment overhead or underground, this presentation is for you.
<b><u>WS-E1</u></b>	Wednesday, May 23 <sup>rd</sup>	9:45 AM – 10:45 AM	Dapper I	What's the Difference Between a Safe Driver and a Defensive Driver?	Randy Clayton Safety & Health Consultant Axcet HR Solutions	When it comes to driving, being <b>safe</b> and being <b>defensive</b> are not the same. The leading cause of occupational fatalities in the U.S. are transportation injuries. Could these





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					8325 Lenexa Dr. Lenexa, KS 66214 E-Mail: rclayton@axcethr.com Phone: 913-754-5387	crashes have been “avoided”? In this 60 minutes presentation, you will discover the “Ten Key Indicators” of a Defensive Driver. At the end of this session you will be able to determine if you are a defensive driver, and if not, what you can work on to become one.
<b><u>WS-E2</u></b>	Wednesday, May 23 <sup>rd</sup>	9:45 AM – 10:45 AM	Dapper II	Using Small Incidents to Enhance Safety Culture	Mike Munsel Sr. Project Manager/Director Latin America PSRG 800 W Sam Houston Parkway, Suite 107 Houston, Texas 77042 mmunsil@psrg.com 713-532-8800	The investigation of small incidents and near misses provides an opportunity for any company to change its safety culture at the grass roots level. This is due in part to features unique to small incidents and near misses, specifically including the much greater frequency of small incidents than large incidents, the potential to quickly investigate and respond with lessons learned and influence of human dynamics on the individual in the workplace.
<b><u>WS-E3</u></b>	Wednesday, May 23 <sup>rd</sup>	9:45 AM – 10:45 AM	Dapper III	Workplace Violence	Marilyn C. Alston Safety Compliance Officer U.S. Department of Labor/OSHA 122 Spruce Street St Louis, MO 63103 Alston.marilyn@dol.gov 314-425-4261 ext. 232	This workshop will cover workplace violence awareness and prevention. Statistics describing the extent of the problem, types of workplace violence and risk factors that would cause a workplace to be vulnerable to violence will be presented. OSHA’s guidelines and recommendations on workplace violence prevention programs will be discussed. There will also be a discussion of anger and conflict management as it relates to the prevention of co-worker violence.
<b><u>WS-E4</u></b>	Wednesday, May 23 <sup>rd</sup>	9:45 AM – 10:45 AM	Windsor I	Safety Rehab – Breaking Bad Safety Habits & Natural Human Behavior	Heather Vanover Director of Workplace Service/Sr Safety Consultant Nebraska Safety Council 3243 Cornhusker HWY, Ste. A10 Lincoln, NE 68504 hvanover@nesafetycouncil.org 402-483-2511	Most people do not go to work planning to get hurt, so why are hundreds of people injured every day at work? HABITS. The responses of “this is how we have always done it”, “I didn’t even think about it”, “no one has ever been hurt before” are just a few examples of what workers say after getting hurt. Learn some great strategies for breaking these unsafe habits and behaviors once and for all. How does natural human behavior impact safety culture and change within organizations. Learn how to use human behavior techniques to drive culture change that you seek in your organization.
<b><u>WS-E5</u></b>	Wednesday, May 23 <sup>rd</sup>	9:45 AM – 10:45 AM	Windsor II	Lead the Way Before You Lag Behind!!	Kathleen Spanjer Safety, Health & Environmental Manager Schneider Electric 1717 Centerpark Rd	The use of lagging indicators (reactive measurement of injury rates, etc.) as a measure of your safety performance is ‘old school’! Safety professionals today want the most up-to-date methods for determining their performance <u>before</u> it actually happens and the use of leading indicators is your



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					Lincoln, NE 68512 Kathleen.spanjer@schneider-electric.com 402-421-4506	best method to accomplish this. See how Schneider Electric, a proud member of OSHA's Voluntary Protection Program, has incorporated leading indicators into their KPI's and how this proactive method can help drive continuous improvement and serve as a gauge for your success to meet your injury rate expectations.
<b><u>WS-E6</u></b>	Wednesday, May 23 <sup>rd</sup>	9:45 AM – 10:45 AM	Windsor III	<b>OSHA VPP Education Series:</b> SGE Forum/Caucus Meeting (Target: Present and Interested SGE Candidates)	Matt Gaines OSHA VPP Region VII Program Manager	Learn what it takes to become a VPP Special Government Employee (SGE) and participate on OSHA VPP onsite evaluations. SGE qualifications, application, and training requirements and responsibilities will be reviewed. An OSHA VPP manager and experienced SGE's will share the benefits of this unique program.
<b><u>WS-E7</u></b>	Wednesday, May 23 <sup>rd</sup>	9:45 AM – 10:45 AM	Windsor IV	<b>Health and Wellness Series:</b> Top 10 Techniques to Living a Healthy Lifestyle	Dr. David Bouda, FACP LEAP Training & Coaching Your Next Level of Greatness info@yourleapteam.com 402-415-4246	Do you want to live a healthier, more fulfilling life but aren't quite sure how? Then, this program is for you by discovering the 10 techniques to living a healthy lifestyle. With more than 30 years of experience in the medical world, Dr. Bouda has compiled all of his expertise into 10 simple tools to transforming your life. It is time to become proactive in designing the healthy life you've always desired!
<b><u>WS-F1</u></b>	Wednesday, May 23 <sup>rd</sup>	11:00 AM – 12:00 PM	Dapper I	Silica Regulatory Update	Alma Márquez Senior Industrial Hygienist Iowa OSHA Consultation & Education 150 Des Moines St.   Des Moines, IA 50309 Office: (515) 725-5667 alma.marquez@iwd.iowa.gov	OSHA's new silica regulatory update has been the buzz for the past couple of months. Iowa OSHA Consultation is here to dissect the standard so that we can better understand the components of the regulation, be compliant, and most importantly – keep our employees healthy and safe! Who is at risk from exposure to respirable crystalline silica? Should we lose our life, making a living? NO!
<b><u>WS-F2</u></b>	Wednesday, May 23 <sup>rd</sup>	11:00 AM – 12:00 PM	Dapper II	PSM Audit Lessons Learned	Mike Munsel Sr. Project Manager/Director Latin America PSRG 800 W Sam Houston Parkway, Suite 107 Houston, Texas 77042 mmunsil@psrg.com 713-532-8800	Process safety management audits help a facility not only in compliance with regulations (if applicable) but also serve as a tool to better understand the gaps in a facility's safety management system. The results can drive continuous improvement of safety systems. PSRG has conducted numerous audits over the years and in this presentation will share the common deficiencies observed as well as discussing pertinent lessons learned.





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<b><u>WS-F3</u></b>	Wednesday, May 23 <sup>rd</sup>	11:00 AM – 12:00 PM	Dapper III	Combustible Dust: Food that goes BOOM!	Merrill Childs Combustible Dust Lead Cargill 17540 Monroe Wapello Road Eddyville, IA 52553 Merrill_Childs@Cargill.com 641-969-3626	Many common food products can explode under the right conditions. This presentation will explain why this occurs and will review several dust explosion incidents. The specific combustibility properties of the dust are used to develop preventative measures and mitigation controls in the event of a dust explosion. Special emphasis is given to housekeeping and secondary explosions. <b>NOTE:</b> Possible Live demonstration held outdoors post workshop presentation, weather permitting.
<b><u>WS-F4</u></b>	Wednesday, May 23 <sup>rd</sup>	11:00 AM – 12:00 PM	Windsor I	Using Your Company's Health Status to Create a Safer Workplace	Heather Vanover Director of Workplace Service/Sr Safety Consultant Nebraska Safety Council 3243 Cornhusker HWY, Ste. A10 Lincoln, NE 68504 hvanover@nesafetycouncil.org 402-483-2511	Does your work environment support the current health status of your workforce? What modification do you need to make to decrease injury risk in your company? How can your health risk assessment assist you in job hazard analysis? Learn about the tools and resources available to analyze and modify your workplace based on the actual health status of your people.
<b><u>WS-F5</u></b>	Wednesday, May 23 <sup>rd</sup>	11:00 AM – 12:00 PM	Windsor II	Slips, Trips and Falls	Rob Archibald Duane Arnold Energy Center robert.archibald@nexteraenergy.com (319) 851-7298	How do we eliminate slips, trips, and falls? It's something that all companies struggle with no matter the size or industry. Putting employee focus on this area is essential to minimize the potential and ultimately keep people safe. During this presentation we will talk about strategies that can be used to focus attention on the importance of prevention.
<b><u>WS-F6</u></b>	Wednesday, May 23 <sup>rd</sup>	11:00 AM – 12:00 PM	Windsor III	Calm After The Storm: Tornado Devastation - Real Life Story of Survival, Recovery and Reflection	Matt Gaines OSHA VPP Region VII Program Manager	As Matt Gaines stood at the front door of his home in Smithville, Missouri on an early March, 2017 evening, he heard a roar like a train and knew he needed to get downstairs. In a basement room connected to his garage, all took cover. Debris fell from the floor joists and debris flew uncontrollably as the EF2 tornado ripped through Gaines' home and the Smithville community. But when the worst was over, Matt knew their house was gone: He could look up and see the sky. This open discussion will go over the day's events, how a 3 foot by 2 foot space saved their lives, life and preparation lessons learned along with how a community and endless strangers, friends and family helped pick up their entire life one piece at a time.



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<b><u>WS-F7</u></b>	Wednesday, May 23 <sup>rd</sup>	11:00 AM – 12:00 PM	Windsor IV	<b>Health and Wellness Series:</b> Dealing With Difficult People	Ryan W. Bouda, C-IQ LEAP Training & Coaching Your Next Level of Greatness info@yourleapteam.com 402-415-4246	Many of us have heard of “Crucial Conversations”, but it is time to take it to the next level by learning how to transform uncomfortable conversations into opportunities for growth and relationship building. Learn how to explore another’s thoughts, meanings, and experiences, even with the most difficult of people. In this session, we will discuss how to set the context for caring, courage and candor, explore desired outcomes, share each other’s perspectives, discover what’s important to both of you, and contract for success. It is time to transform uncomfortable conversations into opportunities for growth!
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