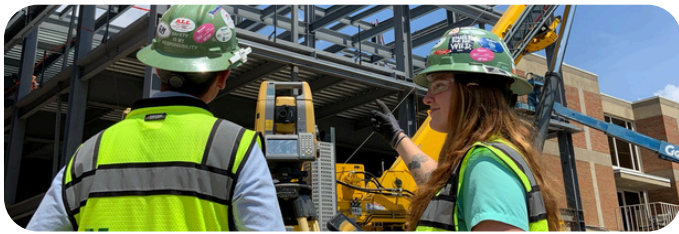


MINDSET FOR SAFETY

BUILDING RESILIENT, HIGH-PERFORMING TEAMS

A 5-Session, Safety-Focused Training Series

This training series is designed to help construction crews stay focused, manage pressure, and work safely, especially during high-stress conditions and after difficult events. The program treats resilience as a practical safety skill, not a clinical or disciplinary issue.



This training is:

- Skill-based
- Safety-focused
- Respectful of union environments
- Practical and jobsite-relevant
- Voluntary and non-clinical

This training is not:

- Therapy or a substitution for individual therapy
- Incident investigations
- Discipline or performance management

SESSION TOPICS

Resilience on the Jobsite

- Resetting under pressure
- Understanding stress as a safety hazard and learning quick reset skills

Stress, Fatigue, & Safety

- Managing invisible hazards
- Recognizing fatigue and stress and their impact on decision-making and injury risk.

Control the Controllables

- Mental skills for tough days
- In-the-moment tools to stay focused under pressure and prevent rushed mistakes.

Crew Culture

- Speaking up and supporting each other
- Building a safety culture where crews look out for one another without blame

Bouncing Back After High-Stress Events

- Recovery and safe return to work
- Supporting recovery after serious or stressful events to reduce delayed injuries.

- ✓ Improved focus and situational awareness
- ✓ Reduced delayed injuries after incidents
- ✓ Increased willingness to speak up
- ✓ Stronger peer safety culture

Contact Us

info@WellnessWorkdays.com
(781) 741-5483
www.WellnessWorkdays.com