

Toolbox Talks for the Trades

Book now! glenn@getthriving.com

Delivered by Glenn Evans, an industry insider with 20+ years of experience, these 30-60 minute talks are packed with life-changing content and designed to appeal to a pragmatic (even skeptical) audience.

Key Statistics

- Stressed employees cost employers \$13,200 per year. (NSC.org)
- Reducing stress is a top priority for 77% of employers. (SHRM)
- 40% of job turnover is due to stress. (UMass)
- 90% won't use Employee Assistance Program services (SHRM)
- Employees in the construction industry are 500% more likely to die by suicide than to a job-related injury. (CDC)

The 90-Second Rule: Keeping Your Cool When Things Get Heated Did you know your brain handles stress in just 90 seconds? Learn how to shake it off and keep your cool before it turns into a blowout on the job site.

Gearing Up for a Stronger Mindset Helmets protect your head, but what protects your mental focus and drive? Equip yourself with practical tools to handle stress, stay sharp, and keep burnout at bay.

Laying the Foundation for Stronger Teams Just like you wouldn't start a job without solid blueprints, your team needs a strong foundation to work smoothly. Let's talk about how self-awareness and clear communication can turn workplace friction into teamwork that gets the job done right.

Fixing the Energy Leaks in Your Mental Plumbing

Whether it's burnout, stress, or that nagging voice in your head, learn how to patch up those leaks so you can keep your energy flowing where it matters most.

Mental Potholes: Spotting and Avoiding the Hidden

Hazards From overthinking to perfectionism, we all have mental habits that slow us down. Let's identify these trouble spots and learn how to steer clear for a smoother, more productive day.



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hello@getthriving.com
getthrivingtrades.com

1-888-835-1110 | 608-213-6373