

Safety and Managing Risk – Secrets of a Four-Time Olympian Ruben Gonzalez

Many people think that lugers are adrenaline junkies. On the contrary, lugers as a whole are very analytical and rigorously follow proven processes. They understand that in order to consistently have the best times, they need to manage risk and stay safe because when you are hurt you can't train.

The adrenaline junkies quit after a few weeks and go on to something else.

Although Ruben enjoys challenging himself with high-risk activities, he always manages risk by learning from the experts and doing lots of due diligence before taking action. In sports, at work and in life, you don't know what you don't know and what you don't know can hurt you.

In this presentation Ruben shares the importance of learning what to do and what not to do to stay safe and to produce more.

He does this through entertaining stories about climbing Kilimanjaro, skydiving in South Africa, luging, running with the bulls in Pamplona, and other great high risk experiences where Ruben was able to stay injury free by managing the risk around him.

Your people will learn:

- How to reduce disability.
- How to achieve superior safety in the workplace.
- How focusing on the task at hand increases safety.
- How to take responsibility for your results.
- How using due diligence prevents accidents.
- How to be present and how to create contingency plans.