



Susan Sawatzky

Fatigue and Stress Management Consultant

In-Scope Solutions

Cell: 403-874-8271

Susan@In-Scope.ca

www.In-Scope.ca

Testimonials

I wanted to let you know that you were the highest rated speaker at the ASSE PDC in Atlanta. What an achievement! You should be very proud. In any event, you have earned a prime day 1 slot for the Denver PDC.

Dennis Hudson
ASSE Executive Director

Susan, you received the highest score from the delegate evaluation at our OHS Conference, I would be happy to invite you again to any of our future conferences!

Halim Lee
Manager, Conference Development

Thank you for making time to come and share with us your professional insight about fatigue management. We found your session insightful and since your session I have personally recommended your session to other clients!

Dan Trotter
CSSE Chair, Red Deer

Susan,

First, let me say that I never intended to come to your presentation in Atlanta. I was set to attend one on drone use. The drone speaker failed to show so I stopped in.

It was a good decision on my part, you gave one of the best presentations that I've attended, gave me some tools to add to the skill set, and left me knowing need to step up my presentation game.

I've referred back to your presentation several times now, and have added coffee before my NASA nap as a strategy for afternoon and early evening meetings and workouts (I am a morning person).

We have a saying around BSA that feedback is a gift. In this case my feedback is Thank You.

Richard R. Bourlon, P.E., CSP
BOY SCOUTS OF AMERICA



Fatigue, H&W, Safety

Sleep is a key component of our health trifecta, yet it is usually something we know very little about. Sleep impacts our stress levels, our social abilities, our learning capacities, and even our weight. In-Scope Solutions strives to improve workplace knowledge about sleep and fatigue management by sharing forward modern research and tested practical strategies everyone should know. Sessions are available for all audience groups from corporate audiences to shift workers, from senior leadership, to supervisors, to workers in the field.

Susan Sawatzky, owner of In-Scope Solutions, speaks internationally on the topic of sleep health & wellness and fatigue safety in the workplace. She strives to engage her audiences in better understanding the science and the modern realities of fatigue. She is an instructor with the University of Alberta, the University of Calgary and the University of New Brunswick instructing Fatigue Management, Stress Management, Psychological H&S, and Business and Leadership among other courses. Susan recently drafted fatigue based legislation currently being proposed for Alberta OHS Legislation and previously managed the fatigue portfolio for the Canadian Oil and Gas industry.

Keynotes, Presentations, LnL's and Workshops

Waking Up to Fatigue Factors in the Workplace

Sleep is one of our basic biological needs, yet it is often the one we know the least about. Fatigued workers can be a significant occupational safety hazard but Fatigue Management Competency Training can help to improve ones ability to manage fatigue. This session empowers both organizations and individuals to understand the science behind fatigue, how fatigue impacts a workplace, and the current best practices used to effectively manage it.

'Stressed for Success' How to Better Manage Workplace Stress

Stress is often something we feel we cannot control, yet there are many things we can do to improve how stress impacts our lives. How we view stress is a key factor in dealing with it. By better understanding what causes us stress and how we react to it, we can develop stronger coping strategies and increase our resiliency. This session is focused on helping you better understand the stress in your life and provides insight into the multifaceted approaches that can be used to better manage it.

Shift Work: How Not to Be the Walking Zombie

Shift workers understand fatigue is part of their daily lives. This presentation is designed to enable people who work long hours, including shift workers, to understand how fatigue can impact their safety and their health. To recognize the multiple strategies that can be used to help reduce fatigue, and to feel empowered to be able to implement these strategies into their daily lives to effectively manage their fatigue.

How to Sleep Your Way to Success

Want to lose weight, reduce stress, increase happiness and health? There is one simple solution - get more sleep! Sleep is integral to our health and wellness, but is often something we know relatively little about. This session will dispel common myths about sleep, tell you things you never knew, and empower you to use sleep to reduce stress, improve your health and improve your life! *(Alternate presentation titles available)*