

## Speakers

The following speakers will be presenting at the 2020 Safety and Health Days!

[Event Schedule](#)

### Astronaut Stan Love

Love was selected by NASA as an astronaut in June 1998. In 2008, Love completed first spaceflight as crew of STS-122, logging more than 306 hours in space, including more than 15 hours in two spacewalks. He returned to the Astronaut Office in 2014, where he is again serving as a crew representative for Space Launch System (SLS) and continuing to help plan for human exploration of asteroids, the moon, and Mars.

- Monday, March 2nd, 9:00 am - 9:45 am (KSC Training Auditorium)
- Monday, March 2nd, 10:30 am - 11:15 am (OSBII Room 5109)

[Bio](#)



### Mary Kirkland

#### Myofascia Matters

Learn all about the body's myofascial system and how daily activity and exercise contributes not only to the fascia's health, but also to yours!

- Monday, March 2nd, 9:00 am - 9:45 am (OSBII Room 5109)
- Monday, March 2nd, 10:30 am - 11:15 am (KSC Training Auditorium)



### Eliz Greene

<https://elizgreene.com/about/>

#### Shattering the Myth of Work-Life Balance

Work and life are both part of your environment. Expecting one to balance out the other is unreasonable. How do we deal with stress when life is so busy? In her research on job stress Eliz Greene discovered overwhelm is at the root of stress, not lack of balance. Her program brings clarity and a plan to prevent busy from standing in the way of productivity, creativity, problem solving, and quality of life. Built with humorous and engaging stories, and based on unique research, this high-energy program explores the challenges of overwhelm and provides real-world, immediately implementable strategies to reduce stress, improve focus, and get more of what is important done.

- Tuesday, March 3rd, 9:00 am - 9:45 am (KSC Training Auditorium)
- Tuesday, March 3rd, 10:30 am - 11:15 am (OSBII Room 5109)

[Bio](#)



**Leading on the Tough Days**

The overall objective of this presentation is to provide a better understanding of the necessary commitment and leadership required in order to be successful, especially when operating in a difficult, adverse, and less than perfect condition. Some of the areas covered in this presentation include: Leadership values, responsibility, accountability, teamwork and decision making. This presentation will provide examples based on personal experiences from a real world event that was chronicled in the book and movie Black Hawk Down.



- Tuesday, March 3rd, 9:00 am - 9:45 am (OSBII Room 5109)
- Tuesday, March 3rd, 10:30 am - 11:15 am (KSC Training Auditorium)

**Fatigue Management in Complex Operations**

Fatigue is a risk in any 24-7 safety-critical operation. Managing fatigue risk is not only important for maintaining the safety and well-being of employees, but can also improve productivity. Fatigue risk is a shared responsibility between management and employees. This presentation will provide applied solutions for managing fatigue in the workplace.



- Wednesday, March 4th, 9:00 am - 9:45 am (OSBII Room 5109)
- Wednesday, March 4th, 10:30 am - 11:15 am (KSC Training Auditorium)

**Controlling Risk - In a Dangerous World**

On the front lines of danger, operators face hazards and make life-and-death decisions in dynamic complex situations. They are the last line of defense. What happens if they don't succeed? After accidents, organizations typically issue new rules. These will work—for a while—in preventing similar accidents. But accidents are rarely simple. A company may be blindsided by another accident that no one thought would occur. Again, new rules are issued and procedures are updated—yet the cycle of accidents continues. Organizations, and operators, must need something more than rules and procedures. Since the beginning of the space program, astronauts have developed techniques based on the principles of operating excellence to execute missions and stay alive in unforgiving environments. These principles-based techniques can help optimize performance in high-risk businesses, and accomplish more in our dangerous world—or out of this world!



- Wednesday, March 4th, 9:00 am - 9:45 am (KSC Training Auditorium)
- Wednesday, March 4th, 10:30 am - 11:15 am (OSBII Room 5109)

**The Ten Common Adverse Conditions in Organizations That Failed to Prevent the Next Accident**

Based on observations, discussions, and assessments, Jim Weatherbee presents a list of ten common conditions that existed in various organizations before they experienced major disasters or minor accidents. In the sociotechnical system used to control risk, improve performance, and accomplish goals, five of these ten adverse conditions existed on the technical side, and five were on the social side. By turning hindsight into foresight, good leaders can use the presence and severity of these adverse conditions as indicators to determine if their organization is drifting toward a disaster.

- Wednesday, March 4th, 1:00 pm - 1:45 pm (KSC Training Auditorium)
- Wednesday, March 4th, 2:30 pm - 3:15 pm (OSBII Room 5109)

## Bob Cabana, KSC Center Director

### Do you have what it takes to #BeAnAstronaut?

NASA will be accepting applications March 2 – 31, for the next class of Artemis Generation astronauts! Join us Wednesday, March 4, 12:00 – 1:00 p.m., for a Lunch and Learn in the Training Auditorium with KSC Center Director, Bob Cabana to hear about what it takes to be an astronaut and to learn from his past experiences. KSC Associate Director, Technical, Kelvin Manning will also share his experiences serving on the Astronaut Selection Board for the class of '13, '17, and upcoming class of '21. Attendance is open to all civil servants and contractors. Contractors should consult with their supervisors. For more information on the astronaut application process visit <http://www.nasa.gov/astronauts>.

📅 Wednesday, March 4th, 12:00 pm - 1:00 pm (KSC Training Auditorium)

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## Carly Paige

Fit Living Eats

### Simple Swaps to Increase Energy in Your Day from AM to PM

Do you get overwhelmed when trying to incorporate healthier habits into your lifestyle? Join Carly Paige, integrative nutrition health coach and chef, to learn simple ways to improve health and energy levels throughout the day. Carly will be teaching simple swaps to make on your plate and tips for making healthy habits a lifestyle change. Included in her presentation is a healthy smoothie demo.

📅 Thursday, March 5th, 9:00 am - 10:00 am (KSC Training Auditorium)

📅 Thursday, March 5th, 11:00 am - 12:00 pm (OSBII Room 5109)

 Bio



## Brené Brown

### Daring Leadership

Brené Brown uses interesting research, engaging stories, and examples to explore barriers to courageous leadership, skill sets that underpin courage, rumbling with vulnerability, daring leadership, and brave work and tough conversations. She has spent the past two decades studying courage, vulnerability, shame, and empathy and is the author of five #1 New York Times bestsellers. Her TED talk – The Power of Vulnerability – is one of the most viewed TED talks in the world (more than 45 million views!). Brené is also the first researcher to have a filmed lecture on Netflix, The Call to Courage, which debuted April 2019.

📅 Thursday, March 5th, 12:00 pm - 1:30 pm (NASA UStream Platform)

*Brené will be presenting live from Johnson Space Center. All employees are invited to view it at their centers and via the NASA UStream platform. Visit the [event webpage](#) to learn more, get online access, and join the discussion.*

 Bio

