

Why do accidents happen? How do we eliminate risk factors that lead to accidents which can result in injuries or even death? How do we help our most valued company assets, our employees, understand how not only their actions, but how they think can create a safer work environment? Through the Truth and Consequences Series you will find how truth is all around us. When you seek the truth, it will always lead you to freedom from the occurrence or unnecessary risk of error, which can cause injury, danger, or loss of life. In each one of us, we have the desire for truth, and it has been written that the truth will set us free. The questions are then **“What is this truth?”** and **“Free from what?”**

Truth or Consequences Series

I. Be Safe...Be True

In this presentation, you will see how there is truth in everything we do and in everything that exists, and once we go away from the truth, there are consequences. This presentation lays the foundation for companies to become aware of why changes need to be made in their environment. Focus points include work setting safety and cell phone usage.

II. Emotions in *Motion*

It has been written that our actions, thoughts, and decisions are almost always influenced or accompanied by emotions, even when we are not fully aware of them. The question is “Why are there times we are not aware of our emotions?” In this presentation, you will discover the importance of our emotions and our response to them including how they contribute to an increase of the chance of error in the workplace or life in general.

III. A Place for Everything and Everything in It's Place

In this presentation, you will discover how our environment, the world in which we live and work, is a mirror of our attitudes and expectations. You will learn the importance of having a well-organized environment and you will be provided with the tools needed to implement such an environment.

IV. Miracle of the Moment

This presentation shows that living in the present moment is all we really have. This is based on a personal experience, supporting that once we go away from the truth, there are consequences.

V. *There's No Place Like Home*

In this presentation, you will learn how the results in our own lives can be changed by our choices that are right in our own backyard. You will be provided with the tools to see your life as it should be and what to do to change it and maintain it.

“Doug Jilek’s presentation at our company meeting drove us to make a serious change in our SOP with communication. I know that it will save a life as we were seconds away from a disaster!”

Anthony Stolp, Business Manager Dakota Hotshot Express LLC

“Thanks Doug. I really enjoyed your presentation. I noticed myself wording things differently to my family this weekend. I really appreciate your work—you made an impact on me and my family and any of the people that I affect. Way to pass it on.”

Bonnie Filipi, Community Action

“Doug’s knowledge and enthusiasm for explaining ways to understand, believe, take ownership, and put truth or consequences concept into action was impressive as it relates to safety in everyday life. It is an excellent series on embracing the importance of staying true to yourself and your actions. I recommend this series often to many of my business clients.”

Jared Erie, Owner of Therapy Solutions

Doug Jilek graduated from Dickinson State University with a Bachelor of Science degree and has been working in the safety and human resource field for the past 14 years. He received the North Dakota Safety Council's Master of Safety Certificate completing 132 hours of safety training, including 16 hours of Supervisory Development and has successfully attained the level of Lean Knowledge Certification from the Society of Manufacturing Engineers. He has been a president for both Southwest Area Safety Association (SASA) and the Southwest Area Human Resource Association (SAHRA) located in Dickinson, ND. He has presented his Truth and Consequences Series for the SASA and SAHRA associations and local businesses. He has also been a presenter for the Dickinson State University Business Challenge for the past four years, speaking about how actions, behaviors, and habits can affect an individual's opportunity to be employed.

For further information about the Truth and Consequences Series, please contact Doug Jilek at:

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