

D-R-C

Dynamisches – Reaktions – Coaching

**Ready to act
when it matters!**

**Workshops for safety, awareness,
concentration and self-protection**

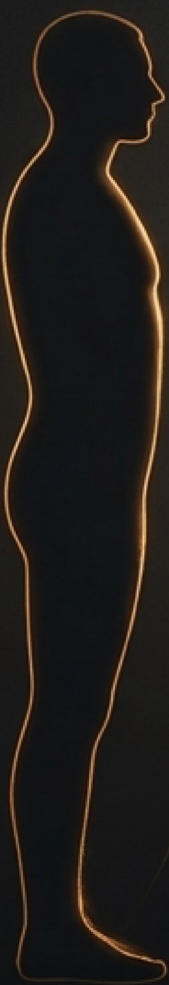
✉ d.r.c.rothhaar@googlemail.com

☎ +49 (0)1575 0383902

🌐 www.re-action-coaching.eu



Ready to act when it matters.



D-R-C – Dynamisches Reaktions Coaching develops practical training programmes for companies, organisations, public authorities and social institutions. The focus is on awareness, clear decision-making and safe ways to act – even in challenging or unexpected situations.

Content is communicated clearly, practised in a hands-on way and tailored to your employees, areas of activity and operational requirements

Key training content

- 1. Screen Focus & Visual Awareness**
Concentration, gaze control and recovery in everyday working life.
- 2. Self-Protection, Personal Safety & Confidence in Action**
Prevention and appropriate behaviour in critical situations.
- 3. Individual Concepts for Safety and Prevention**
Tailored training programmes for your organisation and its specific requirements.

Flexible formats

- Short session
- Workshop
- Team training
- Health day
- Multi-stage training concept

D-R-C stands for clear, practical and individually tailored training concepts.
Together, we develop a format that suits your employees, your organisation and your objectives.

Prevention is an investment in safety, health and performance.

Prevention can help to identify risks at an early stage, promote safety-conscious behaviour and strengthen existing safety and health structures.

The economic relevance of prevention has also been examined. Research projects conducted by DGUV, IVSS and other partners identified a Return on Prevention* of 1.6 in the German study and 2.2 in the international study. These figures describe the economic potential of preventive measures and cannot be applied directly to individual companies.

D-R-C complements existing measures in occupational health and safety, corporate health management, staff development and prevention.

The aim is to recognise risks consciously, promote confidence in action and develop practical skills for everyday working life.

Existing safety, emergency, health and prevention concepts are taken into account and enhanced with suitable training modules.

*Source

Return on Prevention 1.6: Bräunig, Dietmar / Mehnert, Katrin: *Präventionsbilanz aus theoretischer und empirischer Sicht*, research project conducted by Justus Liebig University Giessen, 2006–2008, in collaboration with the Institute for Work and Health of the DGUV (IAG); study involving around 39 companies. Return on Prevention 2.2: International follow-up study by ISSA/IVSS and DGUV involving 337 companies from 19 countries.

1. Screen Focus & Visual Awareness

— Concentration, gaze shifts and recovery in everyday working

Support concentration effectively and consciously reduce visual strain in everyday working life.

For employees and teams with extensive screen time, visual inspection tasks or demanding periods requiring sustained concentration. Practical exercises promote conscious gaze shifts, awareness and brief recovery periods.

— Training content

- Visual awareness
- Gaze control & gaze shifts
- Concentration
- Brief recovery techniques
- Practical exercises for everyday working life

— Formats

- Half-day training sessions
- Online session: from 25 minutes
- In-person workshop: from 90 minutes
- Individually tailored workshop series
- **Eye Training Area Concept** available on request

2. Self-Protection, Personal Safety & Emergency Response in the Workplace

— Ready to act when it matters!

Remain capable of action, identify risks and act safely in critical situations.

For employees and teams working with the public, working alone, facing potential conflict or with particular safety requirements. The training provides practical ways of acting for prevention, personal safety and emergency situations.

— Formats

- Workshops
- Short session – 2 hrs –
- Project-based programmes
- Individually designed multi-stage concepts
- Autogenic training for the eyes

— Training content

- Situational awareness & hazard assessment
- Orientation & communication under stress
- Personal safety & self-protection
- Behaviour in critical situations
- Practical training & confidence in action

3. Individual Concepts for Corporate Health Management, Safety

— Tailored training concepts for your organisation

Tailored training programmes aligned with your organisation, employees and specific requirements. Together, content, objectives and format are adapted to the realities of everyday working life. Existing safety, health and prevention concepts can be meaningfully enhanced and explored in greater practical depth.

Topics

- Corporate health management
- Safety & prevention
- Individual needs analysis

Formats

- Short session – 2 hrs –
- Workshops
- Project-based programmes
- Individually designed multi-stage concepts
- Bespoke workshops & training programmes



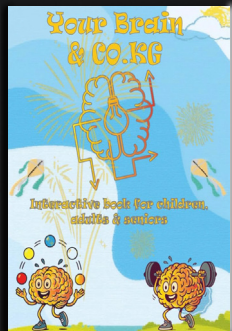
☞ **Initial review of your existing safety concept available on request**

☞ **Eye Training Area Concept**

☞ **D-R-C Eye Training | First Aid Kit for Stressed Eyes**
Try it online now!

Publications

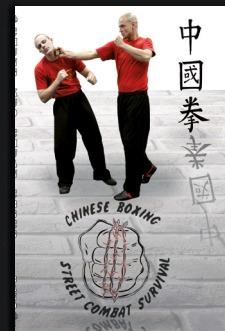
„Self-promotion“



Your Brain & CO.KG

Practical exercises and prompts for your brain!

ISBN-13: 979-8241796264



Chung Kuo Chuan Chinese Boxing Street Combat Survival Volume I

ISBN-13: 978-3732287352

Contact

Christian Rothhaar

Trainer - Coach - Contact Person

Ready to act when it matters.

Together towards greater safety, clarity and confidence in action.

Whether for your company, your organisation, your family or your personal training goal.

D-R-C offers practical training programmes, workshops and concepts tailored to your situation.

Get in touch with no obligation.

In a personal conversation, we will discuss your needs, your target group and the most suitable training format.



Training sessions and workshops by arrangement, also available at your location.



+49 (0)1575 0383902



d.r.c.rothhaar@googlemail.com



www.re-action-coaching.eu

Get in touch with no obligation

View Google reviews

★★★★★ 4,9/5

Thank you to all customers for your trust and valuable feedback.

Principal Trainer

Member & Certified Trainer

Contact Person & Trainer



inv!

Legal Notice & Imprint

This document is an online brochure from D-R-C. The complete legally required imprint and privacy policy can be found, fully up to date, at:

[Impressum](#)

[Datenschutzerklärung](#)

D-R-C
Cannaweg 4
66424 Homburg
VAT ID No. DE341392947

Design
Kerisiano R.
Homburg-Saar