
PERSONAL SAFETY & SELF-DEFENCE FOR WOMEN

AIMS: To provide practical and simple real life information, tools and techniques in keeping women aged 16 and over, in the home, work, place of study and outside in their communities.

OUTCOMES: This course will cover the following main areas:

AWARENESS & AVOIDANCE

BODY LANGUAGE & VOICE

UNDERSTANDING FEAR, STRESS AND ANXIETY

LEARNING TO BE CONFIDENT AND ASSERTIVE

PRACTICAL TOOLS & TECHNIQUES

SPACE TO SHARE

THE LAW & SUPPORT SYSTEMS

PRE-REQUISITES: None.

WHO SHOULD ATTEND: Individuals that have been victims of crime or violence and/ or want to learn about personal safety.

This course will be carried out over a variable period, (times to suit the organization). It provides valuable knowledge for keeping women safe. It's about engaging with women and allowing them to feel safer in their own lives. The course will give invaluable information and tools for women to become aware of what their rights are, what support systems are available, how they can manage their own safety. How they can feel empowered to achieve and live the lives they want to, by staying safe.

DETAILS

Cost of course: Details on application **Max delegate no:** Room Size

Duration: Flexible **Min delegate no:** one

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