

Sev Necati Training

PARTICIPANTS QUOTES

"I learned how to protect myself in the class"

"I strengthen my physical fitness from the training"

"I enjoyed working with other females that are at different ages as it gave me a clear mind that no matter the age or gender they still can be very strong and can cause harm"

"I enjoyed the floor work"

"I feel in a crisis I know how to face dangerous people"

"I am inspired to protect my family better"

"The physical part helped me to know how realistic a situation would be, how I can handle it"

"I feel that now I am able to do things & accomplish things that I could not do before"

"I loved the way Sev taught us. In a very friendly & fun environment, teaching some very sensitive subjects can be very difficult but she nailed it!"

"Extremely useful course" "Very practical & definitely useful for people like myself with no previous experience"

"I was better than I expected"

"Being small has its advantages"

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Sev Necati Training

"This course has given me confidence"

"The training was straight forward & to the point"

"The training made me reflect on some personal relationships"

"The physical part was so realistic"

"Learning the self-defence techniques gave me confidence & knowledge
I would not have if I did not attend"

"I was inspired by the physical self-defence techniques we learnt!"

"Learning how to avoid and escape dangerous situations"

"I built up confidence in standing up to people that I know and don't"

"In our training Sev taught us not to give and that we should use our adrenaline"

"I really enjoyed working with Sev as she helped me build up my confidence"

"We went over realistic scenarios"

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"I would recommend this course to any young or older woman who wants to learn how to protect herself"

"I now feel safer on the streets" "I was inspired by the floor work" "The practical & easy to implement tips"

"The practical activities, practising & learning the different strikes & moves"

"Discussing the different scenarios based on real life"

"I learned very useful ways of getting myself out of dangerous situations"

"I enjoyed the physical training immensely"

"The training has inspired me to carry on, to try staying fit"

"I liked the determination of our trainer & her reassurance"

"I liked the physical challenge"

"The amount of information I learned, some very useful"

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Sev Necati Training

"I know I can better protect myself"

"The techniques we learnt increased my confidence"

"I have increased my self-worth"

"By attending the course I know I'm stronger than I thought I was"

"Thank you, it was tough but very useful & I enjoyed it"

"I enjoyed the floor work"

"The trainer Sev is very inspirational & the training by her is very powerful"

"I really enjoyed every bit of it"

"The training was straight forward & to the point"

"The training made me reflect on some personal relationships"

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Sev Necati Training

"I really enjoyed learning the practical skills needed in self-defence"

"I am grateful to Sev for sharing practical advice & examples to give context"

"How techniques can be used to reduce the likelihood of an attack"

"I have a better understanding of the strength required to prevent an attack"

"I have always been independent & have not had any doubts or hesitation about going out by myself. However as I have got older & news of street violence became more prevalent I began to doubt my own safety"

"A big thank you to Sev for accepting me on the course at my age. You are never too old to learn and I feel that I have learned & the course will be of great benefit to me"

"Being shown ways to defend myself physically"

"How to stand up for myself"

"Getting involved in group discussions & keeping myself fit"

"How to be assertive"

"I feel more confident & empowered, that if I needed to defend myself I know how"

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Sev Necati Training

"My mental state has improved"

"I learned practical skills"

"Everyday examples was useful"

"The sessions were interactive"

"We felt safe to express our views & ask questions"

"The practical sessions were demanding but very helpful"

"The commitment of the instructor is impressive"

"We have all learned a lot from this course"

"The knowledge of the teacher!" "Empowering confidence"

"The course stood out for me as I was able to put into practise what Sev has educated us" "I felt really comfortable asking any questions"

"Sev is awesome teacher who did have a generosity of sharing her knowledge"

"It has been an absolute privilege attending Sev's course"

"Trainer is amazing. All women should have access to this training"

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