

Female Traveller Safety Training

About this course:	This course addresses the specific risks facing female business travellers. It contains special focus on sexual harassment, sexual, assault, self-defence and female wellness & pregnancy.
Who is it for?	Female business travellers and anybody supporting them. Depending on your preference this course can be run as female only or with a mixed gender group.
Duration:	3.5 hours
Bespoke or off-the-shelf	This course is tailored towards the specific risks faced by female travellers within your organisation, industry and traveller profile. It will incorporate any relevant internal resources and will take into account the level of experience of your business travellers and the destinations which they plan to visit. There is an option we can build in specific anonymous case studies of incidents that have taken place amongst your business travel community.
Delivery method	In-person with physical self-defence instruction Or virtually with minimum demonstration of some self-defence techniques.
Learning Objectives:	<p>On completion of this course, delegates will be able to:</p> <ul style="list-style-type: none"> • Identify the specific risks facing themselves and others when travelling on business • Understand business travel through the lens of diversity, equity and inclusivity • Plan accordingly to implement a range of risk mitigation strategies • Support their colleagues who are travelling on business • Navigate their end-to-end journey with an increased level of safety • Take appropriate action to keep themselves fit and well when travelling • Identify potential predators and have a range of techniques to avoid them • Handle situations of gender-based aggression and harassment • Be an active bystander to support others
Syllabus:	<ul style="list-style-type: none"> • Psychological Safety • Women business travellers and the specific challenges that they face • Trip planning and preparation • Destination research • Navigating different cultures • Health and wellbeing including • Hotel safety • Air & ground transportation safety • Meeting and events safety • Safe leisure and downtime • Online and social media safety • Predator psychology and techniques • Self defence • Active bystander

Find out more

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