

## Personal Safety & Self Defence Training

<b>About this course:</b>	This physical course covers not only some self-defence and easy to use breakaway techniques but also covers some of the psychology, physiology and legal aspects of keeping ourselves safe in the event of a physical assault.
<b>Who is it for?</b>	Anybody who would like to keep themselves physically safe through the use of physical techniques.
<b>Duration:</b>	2-hours
<b>Bespoke or off-the-shelf</b>	This course can be slightly tailored to your group, location and physical ability.
<b>Delivery method</b>	In-person only. Please note, that you will be required to provide an adequate and safe space for the course to take place. For health and safety reasons we recommend having no more than 20 participants per group. This course is currently only available in Europe and North America.
<b>Learning Objectives:</b>	On completion of this course, delegates will: <ul style="list-style-type: none"><li>• Understand what is and is not allowed from a legal perspective</li><li>• Use situational awareness technique to decide which course of action to take</li><li>• Have an understanding predator, victim and survivor psychology</li><li>• Be proficient in applying some basic personal safety techniques</li><li>• Be more aware of their personal strengths and tools of the body</li></ul>
<b>Syllabus:</b>	<ul style="list-style-type: none"><li>• Psychological Safety</li><li>• What is every day harassment?</li><li>• Share experiences</li><li>• Journey planning and preparation</li><li>• Predator psychology and techniques</li><li>• Avoiding an incident and de-escalation</li><li>• Legal aspects of self defence</li><li>• Our bodies and how to use them</li><li>• Physical technique practice</li><li>• Cool down and questions</li></ul>

Find out more

[training@maiden-voyage.com](mailto:training@maiden-voyage.com)