



FEMALE TRAVELLER SAFETY TRAINING

Maiden Voyage

About this course:	<p>This course addresses the specific risks facing female business travellers. It includes a special focus on sexual harassment, sexual, assault, female wellness, pregnancy and menopause.</p> <p>For in-person courses we can include practical self-defence techniques.</p>
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 to raise greater awareness amongst all colleagues.
Duration:	Half-day or full-day
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 incorporates any relevant internal resources, taking into account the level of experience of your business travellers and the destinations which they plan to visit. We also offer the option to include in specific anonymous case studies of incidents that have taken place amongst your business travel community to raise awareness and stimulate action to prevent further similar incidents from occurring.
Delivery method:	In-person with physical self-defence instruction Or virtually.
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 (optional) • Active bystander

Find out more

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