



PERSONAL SAFETY & ACTIVE BYSTANDER TRAINING

Maiden Voyage

<p>About this course:</p>	<p>The course is packed with both personal safety and active bystander strategies and techniques to enable employees to</p> <ol style="list-style-type: none"> 1. Empower employees to keep themselves safe 2. Help employees to safely assist and support others <p>This course can be deployed to support specific demographics and/or specific types of risks, such as anti-Asian hate crime or violence against women and girls. The course also includes some basic, practical self-defence techniques that anybody can use.</p>
<p>Who is it for?</p>	<p>Employees, communities, clients or partners who would like to learn how to keep themselves and others safe.</p>
<p>Duration:</p>	<p>1.5 hours</p>
<p>Bespoke or off-the-shelf</p>	<p>This course can be tailored for specific target groups or demographics.</p>
<p>Delivery method:</p>	<p>In-person or virtually</p>
<p>Learning Objectives:</p>	<p>On completion of this course, delegates will be able to:</p> <ul style="list-style-type: none"> • Identify different types of risk, crimes and harassment • Feel empowered and assertive in their right to personal safety • Have an understanding some of the techniques deployed by predators and perpetrators • Understand how to use intuition and techniques such as situational awareness • Safely respond to an incident • Be an active bystander to support others • Effectively report an incident and support any criminal investigation
<p>Syllabus:</p>	<ul style="list-style-type: none"> • Psychological Safety • What is every day harassment? • Journey planning and preparation • Predator psychology and techniques • Avoiding an incident and de-escalation • Responding to an incident • Taster of self-defence techniques • Allyship • Active bystander • Reporting a crime

Find out more

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