



PERSONAL SAFETY & SELF-DEFENCE TRAINING

Maiden Voyage

About this course:	The course includes a combination of both physical and instructional training. Delegates will learn about the psychological, physiological and legal aspects of keeping themselves safe in the event of an incident or an attack. They will then move into learning some self-defence and easy to use breakaway techniques. The training is conducted in a physical and psychologically safe space and has been designed in such a way that anybody can participate.
Who is it for?	Anybody who would like to keep themselves physically safe and if necessary, through the use of physical techniques.
Duration:	From 2 – 5 hours as required.
Bespoke or off-the-shelf:	This course can be slightly tailored to your group, location and physical ability.
Delivery method:	In-person. 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. In order to ensure everybody's safety, we will ask delegates to let us know of any health conditions that we may need to consider. This course is currently available throughout Europe and North America.
Learning Objectives:	On completion of this course, delegates will: <ul style="list-style-type: none"> • Understand the legalities of physical self-defence • Use situational awareness technique to decide which course of action to take when confronted by an attacker • Have an understanding predator, victim and survivor psychology • Be proficient in applying some basic personal safety techniques • Be more aware of their personal strengths and tools of the body
Syllabus:	<ul style="list-style-type: none"> • Psychological Safety • What is every day harassment? • Share experiences • Journey planning and preparation • Predator psychology and techniques • Avoiding an incident and de-escalation • Legal aspects of self defence • Our bodies and how to use them • Physical technique practice • Cool down and questions

Find out more

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