



CONFLICT MANAGEMENT & SELF-DEFENSE

SAFE AT WORK.

RECOGNIZE. DE-ESCALATE. DEFEND.

1 OR 2 DAYS ♦ AT YOUR LOCATION ♦ UP TO 15 PARTICIPANTS

Insulted, harassed, threatened: anyone who works with people faces conflict. Your staff learn to spot danger early, defuse situations and protect themselves simply and effectively when it matters. No prior experience, no gym required.

01 **RECOGNIZE**

- ✓ Spot warning signs early
- ✓ Choose distance and position wisely

02 **DE-ESCALATE**

- ✓ Use voice, posture and words
- ✓ Set boundaries calmly and clearly

03 **DEFEND**

- ✓ Simple techniques that work under stress
- ✓ For every build and every age

04 **ESCAPE & REPORT**

- ✓ Break free, gain distance, get help
- ✓ Document the incident properly

COMPACT • 1 DAY

All four modules, concise and practical.

INTENSIVE • 2 DAYS

More depth, much more practice time.

- ✓ A standard meeting room is all we need
- ✓ Certificate of attendance for everyone

PROVEN WITH

TEACHERS • HOSPITAL STAFF • FORENSIC NURSING • CORRECTIONS OFFICERS • SECURITY SERVICES • PROPERTY MANAGEMENT

More than 40 years of experience in law enforcement and private security.

REQUEST A SEMINAR

We agree on date, location and schedule with you individually.

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NOT ONLY BETTER. DIFFERENT.



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